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‘It’s a total loss’: Owner

Industrial fire blankets north Winnipeg with acrid smoke **Around 100 firefighters called to battle blaze**

JAMES TURNER
@METRONEWS.CA

The owner of a chemical-manufacturing and paper-recycling plant said a fire overnight in Point Douglas may have wiped out his entire business.

“There’s hundreds and hundreds of thousands worth of equipment in there, hundreds and hundreds of thousands,” said Sheldon Blank, owner of Gateway Industries Ltd., adding all the equipment is uninsured, as is the rest of his business. “It’s a total loss.”

The massive fire broke out in an unused paper mill about 9:30 p.m. Wednesday night, sending thick black smoke across northeast Winnipeg. As of 2 p.m. Thursday the fire was still smouldering, sending small amounts of acrid smoke throughout Point Douglas.

Gateway employee Gary Barthelette lives right behind the plant and said he opened his back door to see flames shooting out of the roof.

“This ain’t the first time,” he said. “Damn kids and that. They break in and the boss has got to suffer the cost.”

Barthelette said there have been two other recent fires: one about two months ago and another just weeks ago.

Winnipeg Fire Paramedic Service Platoon Chief Ted Kuryluk said the cause remains under investigation. Officials pegged the damage at $1.5 million.

The fire was “very challenging” to fight because of the distance from the plant’s back lot to where fire hydrants were located, said Kuryluk.

As well, the mill also had an amount of petroleum-based asphalt inside, increasing risk and possible environmental concerns.

An environmental assessment from provincial and federal officials was necessary as runoff water from the firefighting effort threatened to leak into the nearby Red River, Kuryluk said.

However, nearby catch basins appeared to be holding fast preventing any damage, he added.

A handful of people living just outside the plant were evacuated from their homes as a precaution but allowed to return by Thursday morning.

There were no reported injuries.

WITH FILES FROM ELISHA DACEY

JAMES TURNER/METRO

▶ Water is poured on the damage after a massive fire in Point Douglas Wednesday night.

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SHOPPERS DRUG MART

Katz asked to wade into Kapyong dispute

JAMES TURNER
@METRONEWS.CA

Winnipeg's mayor should use the power of his office to try to broker an end to the drawn-out court dispute over the future of Kapyong Barracks, a city councillor says.

The ongoing conflict over the future of Kapyong is "completely counterproductive" to Winnipeg's interests, said Coun. Russ Wyatt on Wednesday.

In front of his council colleagues, Wyatt called on Mayor Sam Katz to get federal and provincial officials in a room together in an effort to seek an end to the squabble.

Katz called the situation "sad," and said it's "costing everybody." The city has lost out in millions in property-tax revenue as the land sits vacant, Katz said.

"It's not the simplest scenario, to say the least."
MAYOR SAM KATZ

The fate of Kapyong Barracks on Kenaston Boulevard has been in legal limbo for years. First Nations groups are seeking to claim the former army barracks to settle outstanding land-claim issues with the Canadian government.

The group claimed a major victory two years ago, when a top federal court judge declared Canada should have consulted with them prior to making decisions about future redevelopment of the 160-acre property.

However, a higher court has nixed that ruling after a government appeal. The case has been further delayed because of disclosure issues.

Katz said he has spoken with Manitoba senior MP Vic Toews about the Kapyong conflict, but didn't give specifics of that discussion.

Air cadets without fixed base

Buildings at Kapyong could be demolished as early as next year

ELISHA DACEY
@METRONEWS.CA

An air-cadet program that has helped get thousands of teenagers off the streets to teach leadership and teamwork has been told it no longer has a home.

Currently based out of Kapyong Barracks, the 191 RCAFS Air Cadets Squadron was given verbal confirmation last week that it needs to be out by the end of the year, said squadron spokesperson Liz Wallace.

"We knew this day was coming, but we didn't expect it to be so quick," said Wallace.

Wallace said she was told the barracks, which have been all but abandoned for years as legal issues keep it from being sold, are being transferred to the Canada Lands Co., which plans to raze the buildings to the ground, perhaps as early as next year.

"We were told it costs them $1 million a year to keep the utilities and everything going," said Wallace.

Capt. Steve Neta, public affairs officer for 17 Wing, which runs the land, said the timeline is not concrete, but he said eventually the squadron will need to find a new home.

The squadron, which is free for participants, currently has 132 members, "kids we keep off the streets on a Friday night," said Wallace.

Wallace said they have been told there is no room at 17 Wing, Minto Armouries or the MacGregor Armoury, which all have cadet squadrons of their own.

The squadron is financially supported by a team of volunteers who constantly raise funds for activities, awards and other expenses.

$10,000
The squadron, which was not paying rent at Kapyong, will now have to come up with an extra $10,000 a year for rent, estimates Wallace.

Wish list

An ideal replacement location for the 191 RCAFS Air Cadets Squadron would have:

- A large gymnasium where the cadets can parade.
- Office and classroom space.
- Be near the area where current cadets live.
- Inexpensive or free rent.

JAMES TURNER/METRO FILE

▶ The 191 RCAFS Air Cadets will soon be out of a home if timelines to close the buildings at the barracks go through.

1 news

The biggest study ever to test for a possible link between cellphone use and cancer has released its findings, and they may surprise you. Scan the code.

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On the web at metronews.ca

Prime Minister Harper speaks of optimism in Libya and of Canada's role in bringing it about. Video at metronews.ca/video

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ELECTION FALLOUT

Gerrard won't lead Grits in next election

Faced with a revolt by party members, Jon Gerrard said Thursday he will not lead the Manitoba Liberals into the next election.

He announced the news in a scrum in which he tried to focus on the newly re-elected NDP government's throne speech, but was peppered by reporters about his future.

"I'm here today to talk about the throne speech ... but what you can take for the moment is that things are moving in the direction of having a full leadership convention in 2013, and I have no intention of running at that point," Gerrard said in the noisy legislature rotunda as other politicians and interest group leaders milled about.

"I expect that there will be a new leader by the next election and I will be supporting that leader."

Gerrard would not say whether he will step down voluntarily or await the results of a leadership review that is mandatory under the party's constitution.

Gerrard took over the provincial Liberals' helm in 1998 after serving one term in the House of Commons.

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NDP vows to fulfil election promises

Party faces a house where one party has no leader as fall session starts

Manitoba's NDP government will fulfil election promises to hire more doctors, limit class sizes and fight crime, Premier Greg Selinger said Thursday as he launched a brief fall legislature sitting.

The government released a six-page throne speech that reiterates the many promises the party made before the Oct. 4 election. Selinger admitted there were no surprises.

"We gave you the leaks during the election period ... so it's probably not a surprise for you folks that have been on the campaign trail," Selinger told reporters.

The government can deliver on its promises and remain on track to balance the budget by 2015, Selinger said, thanks to a stable economy that has suffered less than other provinces from the global recession.

Selinger leads the NDP into a fourth consecutive term and has one of the largest majorities in the province's history, with 37 of 57 legislature seats.

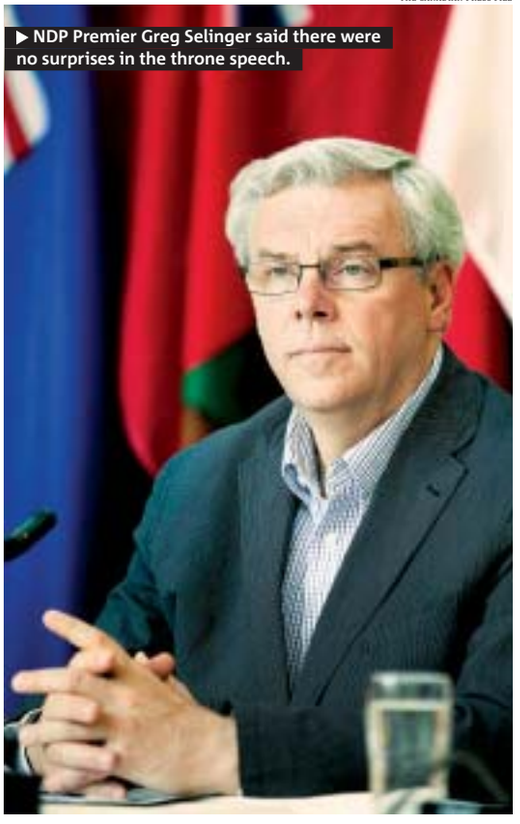
Selinger said it was important to get back to the legislature.

THE CANADIAN PRESS

Throne speech

- Over the next four years, the government says it will hire 200 more doctors and 2,000 more nurses.
- Class sizes for kids in kindergarten to Grade 3 will be capped at 20 students.
- One hundred new police officers will patrol urban and rural streets.
- Post-secondary tuition will be capped at the rate of inflation, universities and colleges will get annual funding increases of five per cent, new child-care centres will be built and drugs for cancer patients will be fully covered by medicare.

THE CANADIAN PRESS FILE



▶ NDP Premier Greg Selinger said there were no surprises in the throne speech.

CONTRIBUTED

▶ Reid

Transcona MLA named speaker

Manitoba politicians have chosen Darryl Reid as the new Speaker of the legislature.

The longtime NDP backbencher has been elected by the 57 legislature members.

Reid replaces George Hickes, who had served as Speaker from 1999 until he retired this year.

Reid beat out two other NDP candidates: Greg Dewar and Tom Nevakshonoff.

The election of a Speaker marks the start of a nine-day fall sitting of the legislature.

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SEAN LEDWICH/FOR METRO

▶ Smoke rises from a sacred fire at the Occupy Winnipeg general assembly on Thursday.

Occupy protesters planning to dig in

View their gathering as an open clearing house for issues Have two assemblies daily at 10 a.m. and 7 p.m.

SEAN LEDWICH
WINNIPEG@METRONEWS.CA

The Occupy Winnipeg movement plans to maintain a camp in Memorial Park all winter, despite knowing they could be facing -50 C wind chills and several feet of snow.

Although their Facebook event shows an end-date of Dec. 31, several participants around the 25-tent camp told Metro Winnipeg they expect to stay beyond that.

"They're talking Dec. 31, and then we'll re-evaluate," said Scott George, who heads the group's food committee.

"But people say if we make it that long, then why go?"

A sacred fire running only on clean wood has been burning since Wednesday, and solar-powered ovens were expected to arrive Thursday. George is building a 20-foot-by-20-foot insulated kitchen tent to continue making three meals a day as the mercury drops.

Based in Memorial Park since Oct. 15, Occupy Winnipeg was inspired by the now-global Occupy Wall Street movement that has been often labelled as anti-corporate.

Winnipeg participants reject that moniker, or any attempt to define them.

"The strength here is that there's no (specific) message," said Chad Lozinski. "It's a venue to speak about all issues. People that come here who are curious have as much say as anybody here."

INVESTIGATION

Sinclair case heads to Sask.

"Clearly the police had to have made some decision. They're just not telling anybody, even though that seems to be their job, to make these kinds of decisions."
VILKO ZBOGAR, SINCLAIR FAMILY LAWYER

Manitoba is asking Saskatchewan to make the thorny decision on whether criminal charges should be laid in the death of a homeless man during a 34-hour wait in a Winnipeg hospital emergency room.

Police have spent the last year investigating the tragic case of Brian Sinclair, a 45-year-old double amputee who died three years ago of a treatable bladder infection while languishing in the ER.

But when officers concluded their investigation Wednesday, no one in Manitoba wanted to decide whether to lay criminal charges.

Const. Natalie Aitkin said police sent their report to Manitoba's Crown attorney office for a decision.

She wouldn't say what — if any — recommendations police made on whether criminal charges were warranted.

THE CANADIAN PRESS

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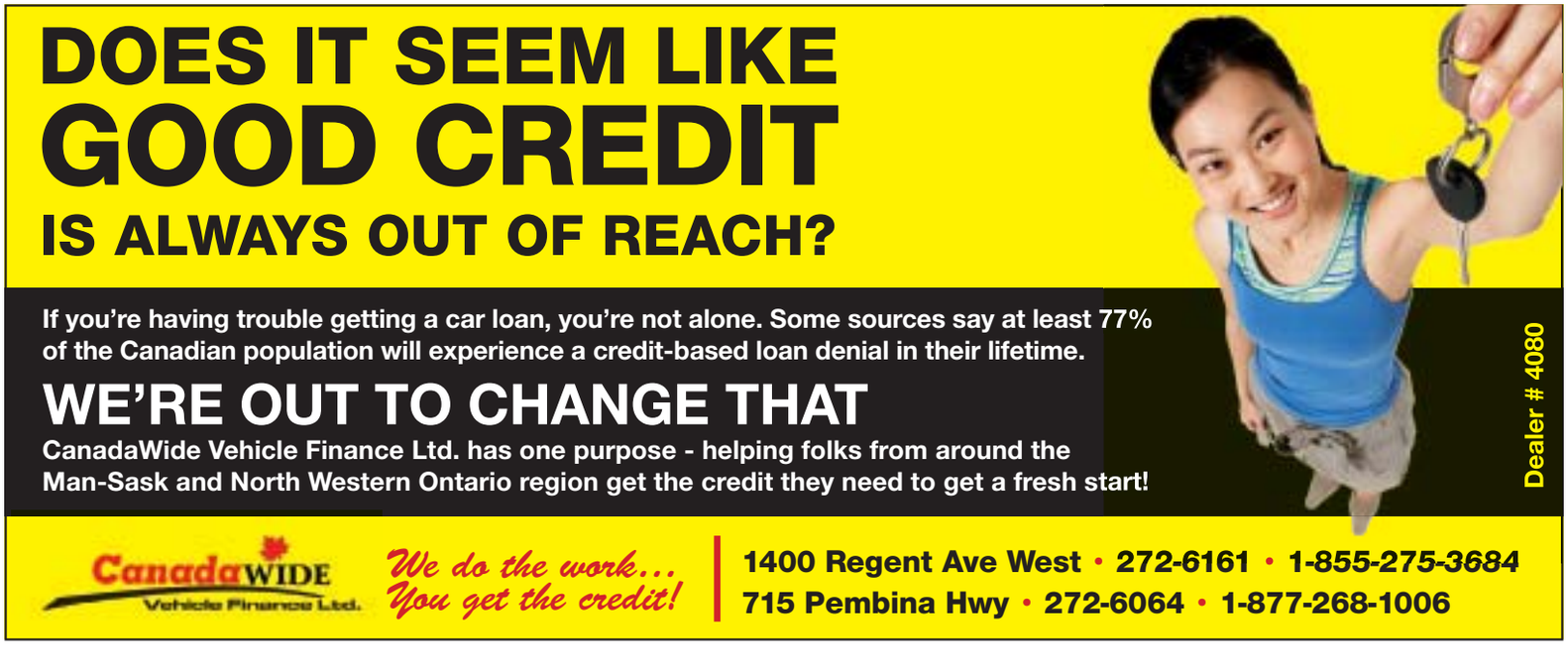
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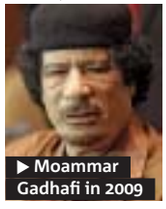
Gadhafi death buries regime

SETH WENIG/THE ASSOCIATED PRESS



▶ Moammar Gadhafi in 2009

Dragged from hiding in a drainage pipe, a wounded Moammar Gadhafi raised his hands and begged revolutionary fighters: "Don't kill me, my sons." Within an hour, he was dead, but not before jubilant Libyans had vented decades of hatred by pulling the eccentric dictator's hair and parading his bloodied body on the hood of a truck.

The death Thursday of Gadhafi, two months after he was driven from power and into hiding, decisively buries the nearly 42-year regime that had turned the oil-rich country into an international pariah and his own personal fiefdom.

It also thrusts Libya into a new age in which its transitional leaders must overcome deep divisions and rebuild nearly all its institutions from scratch to achieve dreams of democracy.

"We have been waiting for this historic moment for a long time. Moammar Gadhafi has been killed," Prime Minister Mahmoud Jibril said in the capital of Tripoli. "I would like to call on Libyans to put aside the grudges and only say one word, which is Libya, Libya, Libya."

Other leaders have fallen in the Arab Spring uprisings, but Gadhafi, 69, is the first to be killed. He was killed in his hometown of Sirte, where revolutionary fighters over-whelmed the last of his loyalist supporters Thursday after weeks of heavy battles.

THE ASSOCIATED PRESS

▶ Precise circumstances of Gadhafi's death remain unclear ▶ Metro pieces together what we believe to be the final moments leading to his death

1. NTC fighters' attack on Sirte

Following a 90-minute battle Thursday morning, fighters said with the help of NATO airstrikes they had taken control of Sirte, ending a two-month siege and eliminating the last important holdout post for troops loyal to the deposed leader.

Reports suggest that Gadhafi along with key loyalists tried to flee east toward Misrata as the last battle was ongoing.

2. Rebels find Gadhafi in pipe

The Colonel's convoy was reportedly ambushed, with Gadhafi managing to flee.

The ousted leader was located some time later in a storm-water drainpipe.

"Don't shoot, don't shoot!" — the apparent words of the Colonel as he pleaded with NTC rebels for their mercy, according to fighter Mohammed Al Bibi.

3. Gadhafi meets his end

There is uncertainty how exactly Gadhafi died.

An alleged eyewitness said that he saw the Colonel being shot in the abdomen.

Grisly mobile phone video footage appears to show a bloodied Gadhafi being roughly handled.

Other footage exclusive to Al Jazeera shows Gadhafi's shirtless body on the ground.

4. NTC confirm Gadhafi death

Following word that Gadhafi had initially been captured, confirmation of the Colonel's death was made official. "We announce to the world that Moammar Gadhafi has been killed at the hands of the revolutionaries," Abdul Hafiz Ghoga, vice chairman of the NTC said. Reports have surfaced that Gadhafi's corpse is at a mosque in Misrata. ANTHONY JOHNSTON

HASSENE DRIDI/THE ASSOCIATED PRESS

▶ Libyans living in Tunisia celebrate outside the Libyan Embassy in Tunis on Thursday.

Harper hails end of Libyan dictator

Canada's military mission in Libya is expected to end by early November following Thursday's death of Moammar Gadhafi.

The dictator's demise marked the end of four decades of erratic and brutal rule that saw world leaders both engage and cast out the leader of the oil-rich nation before he was finally driven from power by his own people.

"The Libyan people can finally turn the page on 42 years of vicious oppression and continue their journey toward a better future," Prime Minister Stephen Harper said.

But their actions in the final moments of Gadhafi's life are now under scrutiny with observers concerned revolutionaries may have meted out the same kind of violent justice that characterized Gadhafi's reign.

Amnesty International said an independent and impartial inquiry was needed into the circumstances surrounding Gadhafi's death. Rebels had earlier promised he would be brought before the courts and Arab TV stations broadcast footage of him being taken alive.

THE CANADIAN PRESS

"Gadhafi's days are over. Never again will he be in a position to support terrorism or to turn guns on his own citizens."

PRIME MINISTER STEPHEN HARPER

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France's first daughter: Giulia

Famous couple welcomes daughter after low-profile pregnancy
Pledge to keep child out of spotlight in future

Proud papa Nicolas Sarkozy, the first French president to have a baby in office, says he and wife Carla Bruni-Sarkozy feel "a very profound happiness" over the birth of their baby girl — the couple's first child together.

Mother and daughter, he added, are doing very well.

After a day of keeping the nation guessing, the first lady announced the baby's name on her website Thursday night: Giulia.

"I'm very touched by the numerous messages of congratulations that are coming in since the birth of our little girl Giulia," Bruni-Sarkozy wrote.

"We are lucky to have been blessed by a new arrival," Sarkozy told journalists on a visit Thursday to a waste- management plant in western France. "All parents can understand the very profound happiness Carla and I feel, and at the same time everyone can understand that this happiness is all the more profound because it is private." THE ASSOCIATED PRESS

REMY DE LA MAUVINIERE,POOL/THE ASSOCIATED PRESS

▶ French President Nicolas Sarkozy receives an oak sapling as a gift in honour of the birth of his daughter.

Gun. Melt-athon

▶ Guns are tossed into a furnace at the ArcelorMittal Steel mill in Cleveland on Thursday.

Cleveland's gun policy a meltdown

The city of Cleveland and ArcelorMittal Steel recycled more than 700 guns, including those surrendered at a gun buy-back last month.

Chance of space showers

Pieces of a retired German satellite hurtling toward the atmosphere may crash to earth this weekend, the German Aerospace Center said.

Scientists have now honed their initial estimate of when the satellite would hit from a span of four days to either Saturday or Sunday. As it nears, they will eventually be able to estimate impact within a window of about 10 hours.

The satellite orbits the Earth every 90 minutes and scientists can only say that it could hit Earth anywhere along its path, between 53-degrees north and 53-degrees south — a vast swath of territory that includes much of the planet outside the poles.

THE ASSOCIATED PRESS

1.7 Up to 30 fragments weighing a total of 1.7 tonness could crash into the Earth at a speed of up to 450 km/h.

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▶ Carcasses lay on the ground at the Muskingum County Animal Farm Wednesday in Ohio. Sheriff's deputies shot 48 animals, including Bengal tigers.

ANIMALS' OWNER BITTEN AFTER COMMITTING SUICIDE

WIFE STILL REELING

The owner of a U.S. exotic animal farm who released dozens of tigers, lions and others beasts from their cages in a final act shot himself to death and then was bitten by one of his own animals, a sheriff said Thursday.

An autopsy showed Terry Thompson had a bite wound on his head that appeared to have come from a large cat, such as a Bengal tiger, Muskingum County Sheriff Matt Lutz told a news conference.

It appeared the bite occurred quickly after Thompson shot himself, THE ASSOCIATED PRESS

Dad spoke of honour days after bodies found: Crown

Google search for 'where to commit murder' was entered into family laptop, court told Expert witness to testify

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Tooba Mohammad Yahya and husband Mohammad Shafia and their son Hamed Mohammed Shafia are escorted by police officers into the courthouse.

A Montreal family couldn't bear the "treachery" of their three teenaged daughters having boyfriends, so they drowned them and the father's first wife, pushing a car into a canal and making the scene look like an accident, court heard Thursday.

Days after the bodies were found the father was recorded saying, "There is nothing more valuable than our honour."

Tooba Mohammad Yahya, 41, her husband Mohammad Shafia, 58, and their son, Hamed Mohammad Shafia, 20, are each charged with four counts of first-degree murder.

Three teenage Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Shafia's first wife, Rona Amir Mohammad, 50, were found dead inside a submerged black Nissan Sentra discovered June 30, 2009 in the Rideau Canal. The family had stopped in Kingston after a trip to Niagara Falls.

"Even if they hoist me up onto the gallows, nothing is more dear to me than my honour," Mohammad said. "Let's leave our destiny to God, and may God never make me, you or your mother honourless. ... There is nothing more valuable than our honour." THE CANADIAN PRESS

Details

- **The cause of death was** drowning, but it's impossible to tell if they drowned in the canal or somewhere else, Crown attorney Laurie Lacelle told the court. Moderate bruising was also found on the crowns of all the victims' heads except Sahar, she said.
- **Crown attorney told the jury** the family was upset that the girls had boyfriends and had resisted wearing the hijab.
- **The trial is expected to** last between two and three months.

What good is growth?

Despite GDP gains, Canadians are working harder than ever to stay afloat

A generation of solid economic growth has meant little in the everyday lives of most Canadians, according to a new index of wellbeing.

The finding is a yellow light for decision-makers that social unrest is just around the corner unless deep changes are made, warns Roy Romanow, the advisory board chairman of the University of Waterloo group that created the index.

The index suggests the middle class, in particular, is eroding.

"There are some very, very troubling signs," Romanow said in an interview.

"I think if we continue on this trajectory we're going to have bigger and bigger disparities. You can never build a solid political, social and economic community with wide disparities."

The Canadian Index of Wellbeing is meant to be GDP's alter ego, measuring the quality of life in society in ways gross domestic product does not.

The index has been years in the making, pulling together 64 indicators to track Canadians' progress in areas such as community spirit, education, health, environment, leisure and democratic engagement.

While GDP measures what companies and government produce, the wellbeing index measures how Canada and its people are faring.

It shows that between 1994 and 2008, well-being improved by just 11 per cent. The economy over that period grew by 31 per cent.

So while investment and corporate activity were ticking along at a decent pace, Canadian households saw only minor improvements in their lifestyle.

The index's subcomponents show that quality of life actually deteriorated over that time frame in areas such as the environment, leisure and culture, and time use.

A typical household is now working harder and longer to keep on track financially, at the expense of having free time with family and friends.

THE CANADIAN PRESS

Index findings

- Canadians are working out more and taking longer vacations, but they are spending less time engaged in arts and culture.
- Health care saw a slight gain — we're smoking less and getting our flu shots, but diabetes and depression were on the rise.

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
-19.17 (11, 830.33)	+0.5¢ ($98.52¢ US)

Oil	Natural gas
-$0.81 US ($85.30 US)	$3.63 US (+ 0.44¢)

Gold $1,612.90 US (- $34.10)

Wall Street protesters look beyond traditional media to spread message

The Wall Street protest against economic inequality has a chaotic and complicated relationship with media that has helped spread its message across the world from a small Manhattan park.

Like the demonstrations themselves, Occupy Wall Street's media operation has no clear leader or simple message.

Some of its volunteers work to help reporters whose cameras and microphones dot Zuccotti Park, even as many protesters express an aversion toward the press.

▶ "Hipster Cop" Det. Rick Lee poses in New York.

The media volunteers have counted at least 500 outlets that have sent reporters to the park, including a New Zealand newspaper, a college newspaper from Texas and a documentary filmmaker from Australia.

Last weekend the group held media training sessions for protesters to give tips in dealing with combative reporters

Julianne Pepitone, a reporter for CNNMoney who has been covering the protest since it began, said that in the early days, media volunteers would often approach her in the park and ask if she needed any help. It struck her as a well-oiled machine.

Still, it can get frustrating covering a leaderless movement. "When you speak to these people, they are very careful to say, 'I don't speak for the whole revolution. No one does,'" she said.

THE ASSOCIATED PRESS

FIRST NATIONS
Residenttial Schools Solutions Inc.
Boyd Building 814-388 Portage Avenue Winnipeg, MB R3C 0C8 Canada

Phone: 204-946-5202 Fax: 204-942-3967
Boyd Building • 814-388 Portage Ave.
Winnipeg, MB • R3C 0C8 Canada

Attention Residential School Survivors

Deadline for Independant assessment process under the Indian Residential schools Canada is SEPTEMBER 19, 2012.

Did you apply for the Independant Assessment Process under the Indian Residential School Canada? If so, have you been informed by your legal Counsel at what stage your application is at? Are you looking for answers concerning your application?

If you are concerned! We can help. We are First Nations Residential Schools Solutions Inc. We assist Residential survivors in the I.A.P. application process. Our offices are locatied in the **Boyd Medical Centre, 814 - 388 Portage Ave.**, Winnipeg, Manitoba or call us at toll free **1-866-946-5202** or **204-946-5202.**

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LIONS AND TIGERS AND ARAB RULERS

THE METRO LIST

PAUL SULLIVAN
METRO

Is it just me, or does the world get weirder by the week?

Consider the following evidence, as we assemble this week's zeitgeist, item by item:

1 **Moammar Gadhafi:** It's been a bad year for jihadists and despots: Mubarak, bin Laden and now the terrorist clown (or is that clown terrorist?) gets his.

2 **Bicoastal bliss:** The feds launch a lot of boats with $35 billion. Stephen Harper could get elected king this morning, at least in Vancouver and Halifax, where the ship-building industries are enjoying an instant revival. We's the bys what build the boats. Buy Canadian, eh?

3 **Shark-fin ban:** Toronto city council votes Monday on a motion to ban the sale of shark fins and shark-fin soup. Did you know that 73 million sharks a year are killed for their fins and that some species have been reduced by 90 per cent? Save the sharks! Switch to tomato bisque!

4 **Chinese toddler:** A poor little two-year-old girl was run over — twice — by some jerks, and more than a dozen people walked around her as she lay screaming for nearly 10 minutes. It's causing a lot of hand-wringing in China. Let's just hope that when they stop wringing, they actually start helping people who need a hand.

5 **Jungle book:** The other unhappy story everyone's talking about is the guy who let all his lions and tigers loose in Ohio and then killed himself. It turned into a bad day for the whole menagerie as state deputies turned into big-game hunters, and now most of the lions, tigers and, oh my, bears are dead. At last report, there was one lone monkey out there. My advice: don't monkey around. Get out of Ohio.

6 **Torture enablers are people too:** George W. Bush comes to Metro Vancouver Friday, and the Occupy people want him arrested for war crimes. Hail (and rocks and rotten tomatoes) to the Chief.

7 **True blue:** Steven Slater, the guy who escaped from his job as a Jet Blue flight attendant — literally — down the emergency chute, avoids hard time. But has to pay the airline back for damaging their chute: $831.25 bucks a month. And he thought life was tedious before. But then there's the book tour to look forward to.

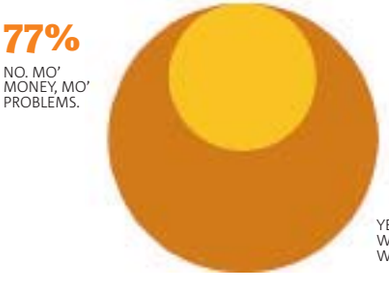
8 **BieberWatch:** Justin Bieber's tour stops in Peru, the home of his doppelganger, Alejandro Avilez Kamp, the Peruvian Justin Bieber. Geez, there are two of them.

Paul Sullivan a partner at BreakThrough Communications in Vancouver

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Can money buy happiness?



77% NO. MO' MONEY, MO' PROBLEMS.

23% YES. I'M HAPPIEST WHEN I CAN BUY WHAT I WANT.

Local tweets

- **@legendofeberle:** How long until Winnipeg fans get tired of hearing 'more like Lose-ipeg'? #alreadyhappened? #nobodytoldme
- **@SarahBertrand:** Its "Winnipeg" not "Winnepeg" my god. I hate when bands spell it wrong. Just sound it out!!!!!!
- **@autumnfeather:** Just saw @selenagomez's tour bus downtown Winnipeg! Super Excited for tomorrows concert!
- **@rhiannajoy:** I told my dad I want Filipino food and he told me I should move back to Winnipeg then :P haha
- **@UEmpireAnalyst:** @policyfrog "Winnipeg: Where your business is our business."
- **@haydmurray:** I came up with the "Everyday I'm Byfuglien" phrase that winnipeg has tried to take credit for by putting on t shirts.
- **@MattMcmurray:** My dog eats everything he finds. So far I've stopped him from eating acorns, pinecones, leaves, and bugs. That's just in the last 30 minutes

Worth Mentioning

Doctors sometimes call the anesthesia drug by its nickname — milk of amnesia. Patients are calling it the "Michael Jackson drug."

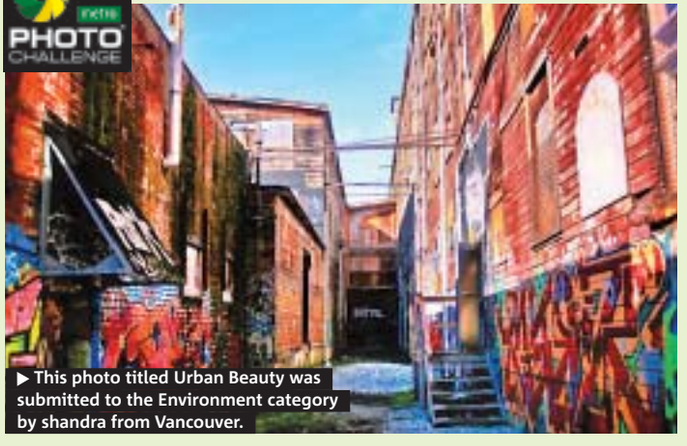
Ever since propofol was blamed in the singer's death, patients who seldom asked or cared about what kind of sedation they were getting are suddenly peppering their doctors with questions about the potent drug.

"You won't believe how many people ... ask me: 'Are you going to give me the Michael Jackson drug?'" said Dr. H.A. Tillmann Hein, president of the Texas Society of Anesthesiologists.

While some initially balk at going under, fearing they will end up like Jackson, they come around after Hein explains that propofol, widely used for surgeries and other procedures for more than 20 years, is safe when used by a trained professional.

Propofol gained notoriety in 2009 after an autopsy found Jackson died of an overdose. Prosecutors have accused his personal physician, Dr. Conrad Murray, of giving the 50-year-old pop icon a lethal dose at the singer's rented Los Angeles mansion. THE ASSOCIATED PRESS

photo of the day



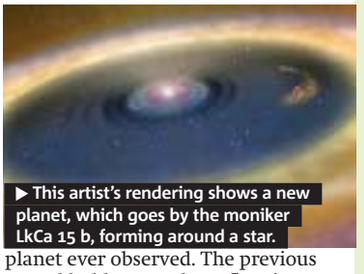
▶ This photo titled Urban Beauty was submitted to the Environment category by shandra from Vancouver.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Just like that, a planet is born

KAREN L. TERAMURA/UNIVERSITY OF HAWAII INSTITUTE FOR ASTRONOMY/THE ASSOCIATED PRESS



▶ This artist's rendering shows a new planet, which goes by the moniker LkCa 15 b, forming around a star.

Astronomers have captured the first direct image of a planet being born.

Adam Kraus, of the University of Hawaii's Institute for Astronomy, said the planet is being formed out of dust and gas circling a two-million-year-old star about 450 light years from Earth.

The planet itself, based on scientific models of how planets form, is estimated to have started taking shape about 50,000 to 100,000 years ago.

Called LkCa 15 b, it's the youngest planet ever observed. The previous record holder was about five times older.

Scientists hadn't been able to see such young planets before because the bright light of the stars they're orbiting outshines them.

THE ASSOCIATED PRESS

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ALS: LOU GEHRIG'S DISEASE
THREE LETTERS THAT CHANGE PEOPLE'S LIVES FOREVER

Amyotrophic Lateral Sclerosis is a fatal, rapidly progressive neuromuscular disease that often takes people's lives within two to five years of diagnosis; and sometimes much sooner. There is no known cause or cure, and the numbers are growing in Manitoba.

More than 240 Manitobans are currently living with ALS, a disease which not only affects their lives, but the lives of their families and caregivers. ALS clients and families find themselves needing quick information about what doctors to see, where to go, and what to expect. They need medical equipment such as walkers, wheelchairs, specialized toilet seats, lifts and much more. Sometimes, they just need someone to talk to. The ALS Society of Manitoba supports clients and families in their time of need by providing them with information, education, equipment, resources, and sometimes just a caring ear and someone to share the burden of care.

The ALS Society of Manitoba also owns and operates Brummitt-Feasby ALS House, the only house of its kind in North America, providing around the clock care for ALS clients.

To provide all of these services, we need your support more than ever before. With our numbers growing and tough economic times upon us, quality of care must be maintained. Research continues, but until a cure is found, our clients' needs and our need for support remains.

The mandate of the ALS Society of Manitoba is one of **HOPE**;

Helping
Our
People
Every way we can.

Please attend the Conference on ALS on November 4th and learn more about this fatal neuromuscular disease and how it is affecting people in your neighbourhood. For conference details and information please see our advertisement below this article.

DAUGHTER AN INSPIRATION AT BROOKLYNN'S BISTRO

It's not hard to see that Sam Colosimo wants his family history to spread right through his new restaurant, Brooklynn's Bistro. "The name of the restaurant, Brooklynn's, came from my daughter who's three years old. And all her pictures are inside the restaurant — that's all her," says Colosimo, the proud papa and restaurant owner. In fact, sometimes Colosimo likes to give customers a look at exactly who the inspiration is behind the bistro. "I bring Brooklynn to the restaurant sometimes in the early evening, and she walks around," says Colosimo. "That way people know — they think it's referring to Brooklyn, New York, but they see her pictures, they connect to it."

That's not the only connection to Colosimo's family pervading the restaurant. "When I was growing up, my mom and dad did the cooking — actually mostly my mom and my aunts," he says. "That's why here I have my chef, plus my mom Elena and aunt Ana here during the day, who do all my sauces and pastas, my fresh gnocchi, my pizza doughs. It's quite an experience in that I see it and my mom and aunt cooking in the back under my daughter's name and it's really pushing us to succeed."

DELICIOUS DISHES

What to try at Brooklyn's Bistro? Here's a look at a few of its unique, delicious dishes.

Hand-rolled gnocchi ($11): made by owner Sam Colosimo's mom and aunt, and featuring a gorgonzola cream sauce and fried sage

Forbidden pasta ($18): a homemade black squid pasta with squid, capers, lemon, basil, tomatoes, chilli peppers

Della Nonna pizza ($15): topped with Italian sausage, spicy eggplant and more

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Dinner: Tuesday - Thursday (5pm-9pm)
Friday - Saturday (5pm - 2am)

Brooklynn's Bistro
177 Lombard Avenue.
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www.brooklynnsbistro.ca

BOTELHO CLEANING:

A NEW CLEANING SOLUTION HAS SWEPT INTO TOWN

For many little girls, fun is all about dolls, holding tea parties and playing dress up. For a young Carly Botelho growing up in Winnipeg, you could've added one more rather unusual item to the list — cleaning. Not make-believe house cleaning, the real thing.

"I just love to clean," says Botelho, married mother of three and owner of Botelho Cleaning. "I've loved to clean ever since I was a little girl. People can't believe it, but it's true." It was this unique passion and an entrepreneurial spirit that led Botelho to open her own home-based after-hours cleaning business six months ago. The company offers a wide range of commercial cleaning services to offices. Services include everything from occasional and seasonal cleaning to regularly scheduled weekly and bi-weekly sessions.

Motivated by the pleasure that she gets from her work and client comments such as "You haven't missed a thing," and "Wow, it smells great in here," Botelho is excited about the future, specifically growing her business and expanding her client list. She offers free estimates and, for a limited time only, is offering 50 per cent off initial cleaning sessions for new clients.

CARLY'S TIP

If you want to make lighter work of cleaning, invest in good microfibre cleaning cloths. They're made from very fine synthetic fibres that are ultra-absorbent. Microfibre cloths are also great if you have allergy suffers in the house because you can clean, dust and polish without using chemicals.

MICHAEL RODENT'S:

THE PLACE FOR EVERYTHING MICKEY AND MORE

When you walk into Michael Rodent's Bed, Bath and Kitchen, you can't help but smile. The 300-square-foot store on Academy Road is packed with fun. From handcrafted Walt Disney porcelain sculptures and Mickey Mouse cookie jars to Betty Boop bedding and more, you'll find it at Michael Rodent's.

A long-time veteran of retail and fan of everything Mickey Mouse, store owner Larry Jensen offers whimsical and practical products for the young and the young at heart.

"We're not your traditional bed, bath and kitchen store," says Larry. "We like to have fun decorating for kids and anyone who likes to have fun."

When Larry opened the store in 1999, he chose the name "Michael Rodent's" as a play on words for Mickey (Michael) Mouse (Rodent). Thirteen years later, he's pleased to offer an exciting range of cartoon characters in addition to Mickey. "More than 90 per cent of the items in the store have a theme," says Larry, "Chances are, if you're looking for bedding, wallpaper or other items featuring your son or daughter's favourite characters, we have it."

Michael Rodent's is also proud to be Winnipeg's only Walt Disney Classic Collection dealer. "New figures are arriving every week," says Larry. "So, if you're a collector or know someone who is, you might want to drop by and see what all the fun is about. Be sure to check out the Get Grumpy Event, happening from Oct. 21 to 23."

BROWSE ONLINE

You can browse the store's wide range of collectibles and home décor products in person or online at **michaelrodents.com**.

- French character collectibles
- Walt Disney characters
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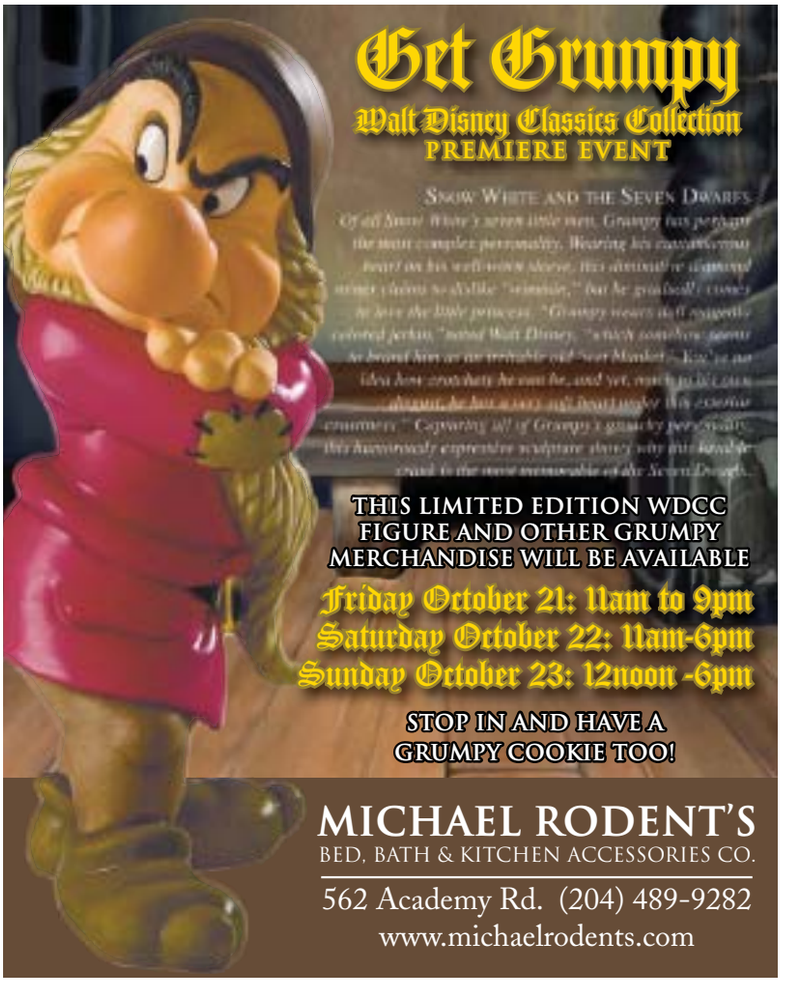
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FRONTIER SUBARU

A SERVICE-FOCUSED DEALERSHIP

The simple philosophy of the "customer is always right" has been the driving force behind the success of Frontier Subaru. The family-run dealership opened for business in 1998 as the culmination of a dream of Marcel and Val Thompson.

General Manager and VP Denise Thompson recognize the loyalty of their customers, and that's due to the sense of security that comes with owning a Subaru. "Because of the unique capabilities of the full-time symmetrical All Wheel Drive, it gives them so much confidence driving in our Manitoba winters. Also, the accident avoidance of All Wheel Drive can't be understated. We have a customer base such that we enjoy a great deal of repeats and referrals — they are very loyal customers," she says.

Frontier's committed and qualified staff has more than 75 years of combined experience. Salesperson Kristine Kostiuk started with Frontier 13 years ago. "Being a smaller dealership allows us to go above and beyond customer service expectations. We are strongly committed to the utmost service before, during and after the sale."

And Frontier is a service-focused dealership. "It's more important to me that most of my energies are focused in the service department, because that's the most important part of our customers' ownership experience," explains Thompson.

WHAT'S IN STORE

You'll find a huge selection of new 2011 Subaru models and used Subaru Certified Pre-Owned vehicles.

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*Model shown is a 2011 Forester 2.5X 5MT (BJ1 XO) with MSRP of $28,035 including freight & PDI ($1,525), documentation fees ($395) and air and tire levies ($122.50). **0.5% Lease and Finance APR valid on new 2011 Forester 2.5X 5MT (BJ1 XO) models for a 24 month term. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. Dealers may sell for less. **Offer valid until August 31, 2011. ▲Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 20-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2011 Top Safety Pick. ◆Based on ALG's 2011 Residual Value Award for any mainstream brand.

WIDE RANGE OF SERVICES AT UNIGLASS PLUS ZIEBART

Uniglass Plus Ziebart has been serving Winnipeg car owners for 35 years. Todd Watkins and his partners purchased the business a year ago. "We stand behind our product. As far as the rust protection side, that's basically why we've stuck around for so long, because the process does work."

Uniglass Plus Ziebart now offers a wide range of services. "We turned ourselves into a full-service auto detail shop," says Watkins. The mainstay of the business is the rustproof undercoating and paint protection. As well, they provide a dent removal service, remote car starters and window tinting.

"What puts us above everybody else is that when someone comes in for inspection on the product, we actually re-rustproof the vehicle every year. Instead of somebody just looking at it as an inspection, we actually reapply," says Watkins. According to the Salt Institute, 16 million tons of salt is used on North American roads each year. This makes rustproofing a very important part of winter automotive care. Watkins warns customers against ineffective electronic rustproofing methods. "We don't do anything with electronic rustproofing. We don't believe in it. It's based on salt water technology for ocean liners. There have been tests done through our head office and nothing beats the old fashioned way.

Uniglass Plus Ziebart strives to be Winnipeg's choice for products and services that enhance and maintain cars and trucks, offering competitive prices and only the highest quality parts possible.

WHAT'S ON OFFER

A wide range of products and services that include:
Spray on Bed-liners, Truck Accessories, Running Boards & Tube Steps, Splash Guards, Cargo Trays / Floor Mats, Running Lights, Bug Deflectors, Remote Car Starters, Car Alarm / Anti Theft Items, Keyless Entry, Truck and Trailer Tool Boxes, Trailer Hitches, Window Tinting, Exterior Polishing and Detailing, and much more...

CITY CENTRE AUTO SALES & SERVICE: SERVICE WITH INTEGRITY

A satisfied customer is a returning customer. And no one knows that better than Ken Stade, owner of City Centre Auto Sales & Service for the past 14 years. For Ken and his qualified team of sales and maintenance professionals, it's all about delivering personal service with integrity. "Our clients know us and trust us," says Ken. "That's why, when it's time to buy a car or service an existing one, they keep coming back to us."

City Centre Auto Sales & Service is only one of two businesses in the city offering the Auto Finder Service — a vehicle locator service that finds the car clients are looking for at the price that fits their budget.

An accredited Gold Class MPI Collision repair and paint facility that specializes in repairs to all makes and models, City Centre is the destination of choice for car owners that want top-notch service but don't want to pay dealership prices. "Our rates are less than half of what you would pay at a dealer's," says Ken.

City Centre is also pleased to offer car shoppers fully transparent prices with no hidden costs. "We want the car-buying experience to be as pleasant and hassle-free as possible for our customers," says Ken.

CAR MAINTENANCE IS KEY

Small investments in regular maintenance will help you avoid costly maintenance in the future. This includes keeping all your car's fluids (e.g. engine oil, transmission fluid, coolant, etc.) clean and topped up. Also remember to rotate tires regularly, to ensure even wear and a longer life.

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PARTY STUFF
OPENS THIRD LOCATION

It's been almost 30 years of expansion and growth for local business Party Stuff & U-Rent-It. While the store started as a small 2,200 square foot space on St. James Street near the Winnipeg Stadium back in the mid-1980s, in its almost three decades since, the Glass family has worked hard to grow their business. Until now, they've had two locations—one on Milt Stegall Drive and the other on Regent Avenue West. "We've just opened our newest and largest retail store on Kenaston Boulevard between McGillivray and Scurfield," says Jonathan Glass, one of the Party Stuff owners. "The expansion plans have been in place for years, but the Ikea development and population growth in south end of the city, it convinced us that it was the right time." Glass also notes that the new location will help serve the southern half of Winnipeg, in particular shoppers in the communities of South St. Vital, Fort Richmond, Waverley West and Linden Woods.

The expansion also comes at a time when Party Stuff is seeing an evolution in what customers are looking for in party supply options. "We continue to see high demand for party supply products year-round, with weddings, kid's birthdays, milestone birthdays, and now theme parties are also proving very popular," says Glass.

UNIQUE ITEMS FOR SALE

Party Stuff & U-Rent-It is more than a mere wig, costume and invitation store. Here are some of the more unique items you can find at its three Winnipeg locations:

- dance floors
- helium tanks
- karaoke machines
- candy floss
- popcorn machines
- bubble machine
- red carpet
- tiki hut

CONNECT EMPLOYMENT SERVICES
BUILDING CONNECTIONS IN THE COMMUNITY

Connect Employment Services was founded in Winnipeg in 1990 by a group of visionary parents who believed that all people, including those with intellectual disabilities, deserved the opportunity to work and participate in the community.

The agency they founded is a non-profit, community-based employment service that specializes in connecting jobseekers with intellectual disabilities to Winnipeg businesses. CONNECT does this by developing opportunities with local businesses, matching them with qualified candidates, and providing supports to both the jobseeker and the employer to ensure a successful match.

Says Program Manager, Lori Watson Sewell, "Our approach is simple – we connect people who can and want to work with businesses that have staffing needs. To facilitate this process, we offer a range of free services to employers and jobseekers, including employment preparation, on-site job training and long term follow-up support."

Jessica Smith (Housekeeping Attendant), and Jonathan Burton (Work Station Support Analyst)

From a Housekeeping Attendant with Canad Inns, to a Work Station Support Analyst at the Workers Compensation Board of Manitoba, the people CONNECT supports share a common desire and ability to work and contribute to the community.

CONNECT'S GUIDING PRINCIPLES:

- To provide services based on a person's needs and interests.
- To support people to be connected to the community through work.
- To provide supports to people regardless of their level of ability.
- To support people for the duration of their work life.

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www.connectemployment.ca

Synopsis

- The new film is a prequel to the first films and follows the template set by the first two movies. Set in the VHS era of 1988, recurring characters Katie and Kristi Rey are little girls living with their mother (Lauren Bittner) and her boyfriend (Christopher Nicholas Smith), a wedding video editor. When they start hearing strange sounds in their new Carlsbad, California house, he sets up video cameras to find out what's keeping them up at night. The movie asks the question, Is the boyfriend obsessed or is the house possessed?

- **Ratings:**
Richard: ●●●½
Mark: ●●●

▶ Paranormal Activity's recurring characters Katie and Kristi Rey are creepy little kids in this instalment of the franchise.

Reel Guys

RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

Horror hat trick

Paranormal Activity franchise should be getting old, but the third instalment still offers plenty of scares ◐ Film a shining example of 'found footage' genre

Richard: Mark, I have to say, I'm a bit of a sucker for things that go bump in the night and even though the Paranormal Activity series should be a little long in the tooth by now, it still made me jump. Are you as big a fraidy cat as I am?

Mark: I usually pop a Xanax before I see a horror film so I can better appreciate the movie for its technical merits. But I didn't for this one. And yes, the movie did frighten me, but only in the last 15 minutes, which were terrific. I found it a bit too long getting going and had a bit too much dark humour to create that air of dread right off the top. The first two installments of the franchise really creeped me out; this one is better made, but didn't give me the punch until the end.

RC: This one is 99 per cent anticipation, one per cent payoff, but the one per cent is pretty good. I think the low-fi feel of the movies — the picture really does look like home video most of the time — combined with really natural performances from unknown actors make the Paranormal Activity movies feel like real "found footage" movies. Most movies of the genre are a little too slick. These aren't. There's no music, no stars and it feels like you're watching something that could be real ... almost.

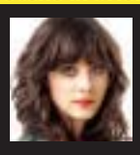
MB: Yes, and that's not easy. It takes real filmmaking talent to look this artless. One thing I love about the series, and this movie in particular, is how much of the plot takes place at the edges of the screen. You really have to pay attention to see what's really happening in the frame. And the static takes almost feel like some European art film, although the technical innovation of the oscillator-cam in this film is inspired. I was also pleased that the movie had a backstory and plot, although, cleverly, you don't realize it until the movie is done.

RC: This one is a prequel, featuring the recurring characters Katie and Kristi Rey as creepy little kids. Not sure what's next though ... maybe Paranormal Activity in Outer Space?

MB: Well, before the screening, we were warned that to prevent privacy, the theatre would be continuously scanned using night vision technology. Paranormal Activity 4, anyone?

2 scene

Scene in brief



Zooey Deschanel has double duty on Fox: The star of the new series New Girl also is performing at the World Series. Deschanel is from the indie pop duo She & Him. She'll sing the national anthem at Game 4 of the Major League Baseball seven-game series between the St. Louis Cardinals and the Texas Rangers. It airs Sunday on Fox. Before the actress takes the stage, country singer Trace Adkins will perform the anthem at Game 2 on Thursday, and Ronnie Dunn will do the same two days later at Game 3. The Cardinals and Rangers battle it out Wednesday night in Game 1 at Busch Stadium in St. Louis, where American Idol champion Scotty McCreery will perform the national anthem.
METRO

Kelsey Grammer and Chicago both star in new show Boss

Rum runners

Johnny Depp shares details of his unique bond with the late gonzo journalist Hunter S. Thompson

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HANDOUT

▶ Johnny Depp describes his friendship with Hunter S. Thompson as a 'love affair.'

Johnny Depp has been working to bring Hunter S. Thompson's the Rum Diary to the screen since shortly after the two of them discovered the manuscript for the book in Thompson's attic. With the film finally hitting theatres, Depp shares some of his memories of his close friendship with the late author.

Meeting Hunter for the first time

It was around Christmas time of 1994. I was in Aspen, and this friend of mine said, 'You should come to the Woody Creek Tavern. I'll have Hunter come down if you want to meet him.' Somewhere around midnight the front door opened and all I could see initially were sparks — just sparks shooting everywhere, and then people jumping for cover. You could hear this sort of muffled, 'Out of my way, you bastards!' The sea parted, and the sparks stopped and he arrived right in front of me, and then this southern gentleman came over and said, 'My name's Hunter, how do you do?' And that was it. From that second on, if we were apart we were on the phone constantly. It was a love affair, a major love affair that hung around until he made his exit."

Learning of Hunter's suicide

"I was here, in Los Angeles. If you knew Hunter — if you really spent time with him and you knew how he negotiated life and dictated the way he was going to live his life — you knew he wasn't going to be the guy who just sort of slipped off the chair and went away. You knew it was going to be self-inflicted. I wasn't particularly shocked, because you knew it would happen one day.

But then you start cursing the bastard, thinking, Come on, man. One last phone call? Maybe some hideous practical joke before you do it? But he did actually ultimately have the best practical joke of all, because his last wish was to be blown out of a giant cannon in his back yard. Now, there are no giant cannons of that size. He wanted 150 feet of cannon, and then I found out that the Statue of Liberty was 151 feet tall, and I thought he'd really hate me if it were any smaller than the Statue of Liberty. So we changed the plans and we built it up to 153 feet tall. We broke the records then. The great joke is that we were all forced to focus on something else as opposed to focusing on the loss of a great, great friend. Now it was a question of how do we shoot the bastard into the stratosphere legally and get away with it?"

JOHNNY DEPP
the RUM DIARY
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Movie reviews See it twice ◍◍◍◍◍ | See it now ◍◍◍◍ | Worth watching ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Johnny English Reborn
Genre: Comedy
Director: Oliver Parker
Stars: Rowan Atkinson, Rosamund Pike
◍◍◍
You can be excused for questioning the need to resurrect Rowan Atkinson's James Bond spoof eight years after we all ignored the original. The sequel still relies on bad puns and sight gags to hold the attention of its audience (mostly pre-pubescent boys). But as far as movies with bad puns and sight gags go, this one is good. Thank Atkinson for that, as he still has the ability to make this character loveable while mugging for the camera. ◍ IAN GORMELY

The Three Musketeers
Genre: Action
Director: Paul W.S. Anderson
Stars: Logan Lerman, Milla Jovovich, Orlando Bloom
◍◍½
The first in what appears to be a planned franchise of films, this steampunk-influenced take on Alexander Dumas' enduring classic weaves a convoluted plot without offering much in the way of resolution. What saves the film from total disaster is a crack-supporting cast led by Milla Jovovich and Christoph Walz who get equal screen time as the titular heroes. Hard to follow, the action scenes and playful support characters save this film from total disaster. ◍ IAN GORMELY

HOW IT ALL BEGAN

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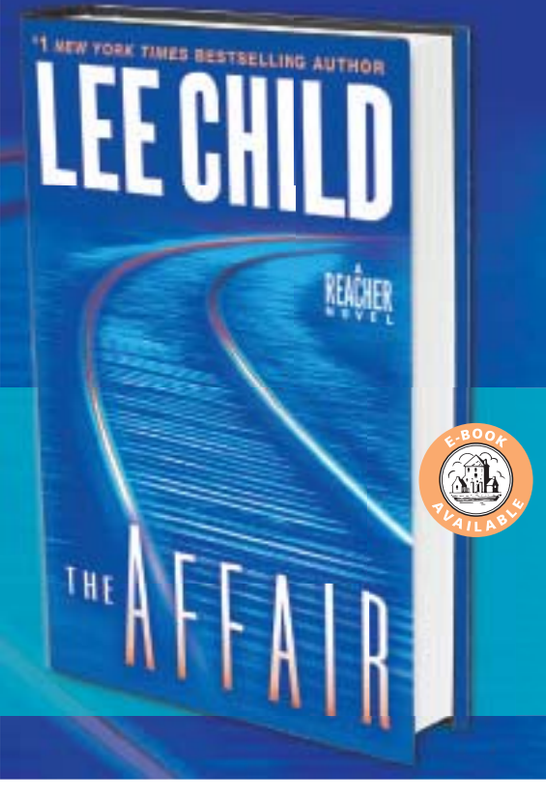

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WINNIPEG

Cinema City McGillivray
2190 McGillivray Blvd., 204-269-9981

30 Minutes or Less (14A) Fri-Thu 8:50
Bridesmaids (14A) Fri-Thu 9:20
Captain America: The First Avenger (PG) Fri-Thu 1:30-4:40-7:30-10:15
Cars 2 3D (G) Fri-Thu 12:55-3:50-6:40-9:30
The Change-Up (14A) Fri-Thu 1:05-3:40-6:50
Cowboys & Aliens (14A) Fri-Thu 1:20-4:15-7-9:40
Crazy, Stupid, Love. (PG) Fri-Thu 12:40-3:35-7:20-10:05
Fright Night (14A) Fri-Thu 2-4:30-7:40-10:25
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Thu 12:45-4-7:10-10:10
Horrible Bosses (14A) Fri-Thu 2:10-4:50-8:10:30
Our Idiot Brother (14A) Fri-Thu 1:40-4:10-6:30
Rise of the Planet of the Apes (PG) Fri-Thu 1:50-4:20-7:50-10:20
Shark Night (14A) Fri-Thu 9:10
The Smurfs (G) Fri-Thu 1:10-3:35-6:20
Spy Kids: All the Time in the World in 4D (STC) Fri-Thu 12:50-3:30-6:10
Warrior (14A) Fri-Thu 9

Cinema City Northgate
1399 McPhillips Street, 204-334-6234

Captain America: The First Avenger (PG) Fri-Sun 12:50-3:40-6:20-9 Mon-Thu 5:10-8
Cars 2 (G) Fri-Sun 1:10-4-6:40 Mon-Tue 5 Wed-Thu 4:50
Crazy, Stupid, Love. (PG) Fri-Sun 1-3:50-6:30-9:20 Mon-Tue 4:50-7:50 Wed-Thu 4:30-7:50
Fright Night (14A) Fri-Sun 1:30-4:20-7:10-9:50 Mon-Thu 5:20-8:10
Khushiyaan (G) Fri-Sun 9:10 Mon-Thu 7:40
Our Idiot Brother (14A) Fri-Sun 1:50-4:40-7:20 Mon-Tue 5:50 Wed-Thu 5:40
RA. One (STC) Wed-Thu 4:15-7:40
Rise of the Planet of the Apes (PG) Fri-Sun 1:20-4:10-7-9:40 Mon-Thu 5:30-8:20
Shark Night (14A) Fri-Sun 2-4:50-7:30-10 Mon-Tue 5:40-8:20
The Smurfs (G) Fri-Sun 1:40-4:30-6:50-9:10 Mon-Tue 5-7:30 Wed-Thu 4:40-7:30
Warrior (14A) Fri-Sun 9:30 Mon-Thu 8

Cinematheque
304-100 Arthur, 204-925-3457

Beats, Rhymes & Life: The Travels of a Tribe Called Quest (STC) Fri-Sat 9
No Films Showing Today (STC) Mon-Tue Thu
Wiebo's War (STC) Fri-Sun 7 Wed 7

City Cinema - Northgate
1399 McPhillips, 204-334-6234

Captain America: The First Avenger (PG) Fri-Sun 12:40-3:40-6:20-9 Mon-Thu 5:10-8
Cars 2 (G) Fri-Sun 1:10-4-6:40 Mon-Thu 5
Crazy, Stupid, Love. (PG) Fri-Sun 1-3:50-6:30-9:20 Mon-Thu 4:50-7:50
Fright Night (14A) Fri-Sun 1:30-4:20-7:10-9:50 Mon-Thu 5:20-8:10
Khushiyaan (G) Fri-Sun 9:10 Mon-Thu 7:40
Our Idiot Brother (14A) Fri-Sun 1:50-4:40-7:20 Mon-Thu 5:50
Rise of the Planet of the Apes (PG) Fri-Sun 1:20-4:10-7-9:40 Mon-Thu 5:30-8:20
Shark Night (14A) Fri-Sun 2-4:50-7:30-10 Mon-Thu 5:40-8:20
The Smurfs (G) Fri-Sun 1:40-4:30-6:50-9:10 Mon-Thu 5-7:30
Warrior (14A) Fri-Sun 9:30 Mon-Thu 8

Famous Players Kildonan Place
1555 Regent Ave W, 204-663-2166

The Big Year (G) Fri-Sun 1:40-4-7:10-9:30 Mon-Thu 5:50-8:10
Dolphin Tale (G) Fri-Sun 12:50-6:30 Mon-Thu 5:40
Footloose (PG) Fri-Sun 1:20-4:10-7-9:40 Mon-Thu 5:50-8:30
The Help (PG) Fri-Sun 3:30-9 Mon-Thu 8
Paranormal Activity 3 (14A) No Passes Fri-Sun 1:30-4:20-7:20-9:50 No Passes Mon-Thu 6:10-8:50
Real Steel (PG) Fri-Sun 1-3:50-6:50-9:40 Mon-Thu 5:30-8:20
The Three Musketeers (PG) Fri-Sun 1:10-4-6:40-9:20 Mon-Thu 6-8:40

Grant Park 8 Cinemas
1120 Grant Ave., 204-453-4084

50/50 (14A) , Stadium Seating Fri-Thu 9:40
The Big Year (G) , Stadium Seating Fri 3:20-6:45 , Stadium Seating Sat-Sun 1-3:20-6:45 , Stadium Seating Mon-Thu 3:20-6:45
Footloose (PG) , Stadium Seating Fri 3:30-6:55-9:55 , Stadium Seating Sat-Sun 12:30-3:30-6:55-9:55 , Stadium Seating Mon-Thu 3:30-6:55-9:55
The Help (PG) , Stadium Seating Fri 6:15-6:30-9:45 , Stadium Seating Sat-Sun 12:20-6:15-6:30-9:45 , Stadium Seating Mon-Thu 6:15-6:30-9:45
The Ides of March (14A) , Stadium Seating Fri 4:15-7:10 , Stadium Seating Sat-Sun 12:15-4:15-7:10 , Stadium Seating Mon-Thu 4:15-7:10
Johnny English Reborn (PG) , Stadium Seating Fri 3:45-6:40-9:30 , Stadium Seating Sat-Sun 12:45-3:45-6:40-9:30 , Stadium Seating Mon-Thu 3:45-6:40-9:30
Moneyball (PG) , Stadium Seating Fri 3:50-6:50-9:50 , Stadium Seating Sat-Sun 12:50-3:50-6:50-9:50 , Stadium Seating Mon-Thu 3:50-6:50-9:50
Paranormal Activity 3 (14A) , Stadium Seating Fri 3:40-7:15-10:15 , Stadium Seating Sat-Sun 12:40-3:40-7:15-10:15 , Stadium Seating Mon-Thu 3:40-7:15-10:15
The Thing (14A) , Stadium Seating Fri 4:10-7:10-10:10 , Stadium Seating Sat-Sun 1:05-4:10-7:10-10:10 , Stadium Seating Mon-Thu 4:10-7:10-10:10

IMAX Theatre at Portage Place
Y003-393 Portage Avenue, 204-956-4629

Born to Be Wild (G) Mon 1:30 Thu 12:10
Born to Be Wild 3D (G) Fri 10 Wed 1:30
Egypt: Secrets of the Mummies (STC) Tue 10
Harry Potter and the Deathly Hallows: Part 2 (PG) Fri 1:45-7:15 Sat 3-7:15 Sun 3:30
The Human Body (STC) Tue-Wed 11
Space Station (STC) Thu 11
Tornado Alley 3D (G) Fri 11:15-6 Sat 1:45-6 Sun 1 Mon 11 Tue 12:15 Wed 10-4
The Ultimate Wave Tahiti (STC) Thu 1:30
The Ultimate Wave Tahiti 3D (STC) Fri-Sat 12:30 Sun 2:15 Mon 12:15 Wed 12:15

Landmark Globe Cinema
393 Portage Ave, 204-943-1583

50/50 (14A) Mon-Thu 7-9:10
The Big Year (G) Fri 7:10-9:20 Sat-Sun 1:10-3:20-7:10-9:20 Mon-Thu 7:10-9:20
The Ides of March (14A) Fri 7:20-9:30 Sat-Sun 1:20-3:30-7:20-9:30 Mon-Thu 7:20-9:30

Landmark Towne Cinema
8301 Notre Dame Avenue, 204-947-2848

Footloose (STC) Fri 7-9:30 Sat-Sun 1-3:30-7-9:30 Mon-Thu 7-9:30
Johnny English Reborn (PG) Fri 7-9:15 Sat-Sun 1:30-4-7-9:15 Mon-Thu 7-9:15
Moneyball (PG) Fri 6:40-9:20 Sat-Sun 1-3:45-6:40-9:20 Mon-Thu 6:40-9:20
Paranormal Activity 3 (14A) Fri 7:15-9:30 Sat-Sun 1:15-3:30-7:15-9:30 Mon-Thu 7:15-9:30
Real Steel (PG) Fri 6:45-9:20 Sat-Sun 1-3:45-6:45-9:20 Mon-Thu 6:45-9:20
Sure Shot Dombrowski 3 (STC) Fri 7:15-9:15 Sat-Sun 1:15-3:30-7:15-9:15 Mon-Thu 7:15-9:15
The Thing (14A) Fri 7-9:30 Sat-Sun 1:30-4-7-9:30 Mon-Thu 7-9:30
The Three Musketeers (PG) Fri 6:45-9:15 Sat-Sun 1:15-4-6:45-9:15 Mon-Thu 6:45-9:15

SilverCity Polo Park
815 St. James Street, 204-774-1001

50/50 (14A) Fri-Tue 12:40-3:10-6:20-9:10 Wed 3:30-6:20-9:10 Thu 12:40-3:10-6:20-9:10 Star & Strollers Screening Wed 1
The Big Year (G) Fri 12:40-6:10 Sat 6:10 Sun-Tue 12:40-6:10 Wed 6:10 Thu 12:40-6:10 Star & Strollers Screening Wed 1
Contagion (STC) Fri-Thu 9:20
Courageous (PG) Fri-Sun 12:20-3:30-6:40-9:55 Mon 12:35-3:30-6:40-9:55 Tue 12:20-6:40-9:55 Wed-Thu 12:35-3:30-6:40-9:55
Dolphin Tale 3D (G) Fri-Thu 12:50-3:25-6:30
Dream House (14A) Fri-Mon 1:50-4:40-8-10:25 Tue 4-8-10:25 Wed 1:50-4:40-9:25 Thu 1:50-4:40-8-10:25
Footloose (PG) Fri-Thu 1-3:50-7-10:10
God Bless Ozzy Osbourne (STC) Wed 7
The Ides of March (14A) Fri-Thu 9:40
Johnny English Reborn (PG) No Passes Fri 1:20-4:20-7:30-10:15 No Passes Sat 12:50-4:50-7:30-10:15 No Passes Sun 1:20-4:20-7:30-10:30 No Passes Mon-Thu 1:20-4:20-7:30-10:15
The Lion King 3D (STC) Fri-Thu 1:30-4-7:10
Moneyball (PG) Fri-Sat 12:35-3:40-6:50-10 Sun 12:35-3:40-10 Mon-Tue 12:35-3:40-6:50-10 Wed 12:35-3:40-10 Thu 12:35-3:40-6:50-10
Paranormal Activity 3 (14A) No Passes Fri-Sun 12:30-2:50-5:10-7:50-10:20 No Passes Mon 12:40-2:50-5:10-7:50-10:20 No Passes Tue 12:30-2:50-5:10-7:50-10:20 No Passes Wed-Thu 12:40-2:50-5:10-7:50-10:20
Phantom of the Opera at the Albert Hall - Live (STC) Sat 1
Real Steel (PG) Fri-Thu 1:15-4:15-7:20-10:20
Real Steel: The IMAX Experience (PG) Fri-Thu 12:45-3:45-6:45-9:45
The Thing (14A) Fri-Thu 1:10-4:10-7:15-9:50
The Three Musketeers 3D (PG) Fri-Thu 1:40-4:30-7:40-10:30
What's Your Number? (14A) Fri-Thu 3:20-9
WWE: Vengeance (STC) Sun 7

SilverCity St. Vital
110-1225 St Mary's Rd, 204-256-3901

50/50 (14A) Fri-Mon 1:20-4:30-7:20-9:50 Tue-Wed 4:30-7:20-9:50 Thu 4:30-7:20-9:45
Dolphin Tale (G) Fri-Sun 1:10-3:50
Footloose (PG) Fri-Sun 1:10-4:20-7:20-10:10 Mon-Thu 4:20-7:20-10:10 Star & Strollers Screening Mon 1
The Ides of March (14A) Fri-Sun 6:30-9:20
Johnny English Reborn (PG) No Passes Fri-Sun 1:20-4:6:50-9:30 No Passes Mon-Thu 4-6:50-9:30 Star & Strollers Screening, No Passes Mon 1
Moneyball (PG) Fri-Sun 12:50-3:50-6:50-10
Paranormal Activity 3 (14A) No Passes Fri-Mon 1:50-4:10-7:30-9:50 No Passes Tue-Thu 4:10-7:30-9:50
Real Steel (PG) Fri-Mon 12:50-4-7:10 Tue-Thu 4-7-10
The Thing (14A) Fri-Mon 1:40-4:40-7:40-10:20 Tue-Thu 4:40-7:40-10:20
The Three Musketeers 3D (PG) Fri-Mon 1-4:20-7:10-10:10 Tue-Thu 4:20-7:10-10:10
What's Your Number? (14A) Fri-Mon 1:30-4:10-6:40-9:40 Tue-Thu 4:10-6:40-9:40

Twilight star takes bite out of gay rumours

ALL PHOTOS GETTY IMAGES

Kellan Lutz says straight men generally make for bad housemates

▶ Kellan Lutz

Twilight hunk Kellan Lutz doesn't mind the gay rumors going around about him — and he insists he knows where they come from.

"I don't Google myself, but I've heard that people think I'm gay. I've heard it all," he tells the Advocate.

"See, I don't really go after girls. Most of the girlfriends I've had have come after me. So it's really funny when girls get offended because I don't hit on them.

They will transform their insecurity into, 'Oh, that makes sense, because I heard you're into guys and have a boyfriend.' I'm like, 'Seriously? That's your tactic to get me to like you?'

There will always be rumors, but I know who I am."

Lutz also claims that he'd rather live with gay men than straight men.

"They're the cleanest, and they just take care of stuff," he explains.

"Straight guys are just kids who don't pick up after themselves."

METRO

Simpson reveals gender of baby

Reports on Jessica Simpson's alleged pregnancy are moving forward with an announcement of the baby's gender.

And the answer is a girl, according to Hollyscoop. "She's telling people it's like winning the lottery, twice," a source close to the star says. "Jessica really wanted to find out the baby's sex, she hates surprises.

She and [fiancé] Eric [Johnson] are both so happy."

METRO

Taylor Swift takes a break from boys

▶ Swift

Taylor Swift says she's extremely single these days — and very happy that way.

"I don't have a boyfriend. I don't even have, like, kind of a boyfriend. I don't have someone that I'm texting that is a guy that someday might be my boyfriend. There's, like, nothing going on right now," the singer tells Ellen DeGeneres during a visit to her talk show.

METRO

METRO CUSTOM PUBLISHING

GREEN LIFESTYLE & NATURAL LIVING SHOW

green lifestyle & NATURAL LIVING SHOW

2011 SHOW GUIDE

OCT 22 & 23, 2011 • WINNIPEG CONVENTION CENTRE

WINNIPEG WellNews

Your local mini-zine for active living, natural health, nutrition and more every month. Find your copy wherever wellness matters, online or contact mireille@winnipegwellnews.ca to arrange delivery right to your door!

www.winnipegwellnews.ca

WILDLANDS

WORKING FOR THE FUTURE

Manitoba Wildlands is a non-profit environmental and public interest research organization. We work for the future of Manitoba's lands and waters. We support establishment of protected areas in Manitoba, with a special focus on our boreal forest regions.

Lands and Waters
We provide information about decisions for use of crown (public) lands and water; technical information about lands use decisions. Crown lands and waters are often the basis for environmental licensing reviews, hearings, and analysis in Manitoba.

Manitoba Wildlands often participates in these reviews. Our work products, from environmental licence proposals and public policy reviews, are posted on the website.

The ManitobaWildlandsorg web site provides hard to find government information, or documents that are not posted elsewhere. News page services included a weekly bulletin, supported by twitter and facebook. Supporting news or materials are posted on social media.

ManitobaWildlands.org provides international, and national information about climate change, water, energy, species, biodiversity, and forests.

To subscribe to our weekly bulletin, or connect on social media go to the news page on ManitobaWildlands.org. We Recommend is a ManitobaWildlands.org service to post reports, technical products, and materials relevant for and beyond our Manitoba audience. Manitoba Wildlands RSS Feeds: RSS service provides immediate notification for our web content and news items. RSS include: News Items, What's New, & We Recommend

ManitobaWildlands.org and our social media have over 20,000 unique visits a month.

Manitoba Wildlands is an active member of Climate Action Network Canada. Our director, Gaile Whelan Enns, is a member of the CANET board.

GREEN CLEAN

DOLLAR WISE QUALITY CLEANERS

Dollar Wise Quality Cleaners opened for business in May of 1998. The plant consisted of 2 dry cleaning machines operating with Percochorethelyne (Perc), then, the only accessible solvent for dry cleaners.

In March of 2000 our second plant opened at Confusion Corner on Pembina Hwy. Two more dry cleaning machines were added, both utilizing the latest technology.

Today our dry cleaning machines are 5th generation; they meet and surpass all government standards. The machines are closed units with continual distillation for our new "Enviro-Friendly" solution for dry cleaning – DrySolv. Dollar Wise Quality Cleaners is the only dry cleaner in Manitoba that no longer uses Perc which is a toxic, hazardous chemical and proven carcinogen.

As we became aware of the environmental impact of phosphates and hazardous chemicals, we researched alternate cleaning solutions, both in laundry and dry cleaning.

First, we focused on the laundry side. We process over 225 pounds of laundry per hour in our two plants. Our detergents had been commercial grade and loaded with phosphates and carcinogens.

Over several months we tested many formulas. I gave our chemist a list of the 10 common stains that we address daily. 14 different formulations were tested until the final product ZOP was derived. We had created an environment friendly laundry detergent that was stronger than the commercial grade, and better since allergies and discolorations were no longer an issue.

As customers remarked on the improved quality, we decided to retail ZOP for home use. In 2006 ZOP went on our shelves.

The response was incredible. Even customers who were not knowledgeable about the environment were excited with the product.

F.O.O.D: FRESH OPTION ORGANIC DELIVERY

LOCAL ORGANIC FOOD DISTRIBUTOR

Fresh Option Organic Delivery (F.O.O.D.) is an organic and local food Distributor based in Winnipeg. They operate a home delivery service that brings a full range of groceries to residential clients, as well as wholesale Food Service and Retail Grocery stores. F.O.O.D.'s special area of expertise is in aggregating sustainably-grown fresh produce from dozens of Manitoba farms.

Founded in 2003 by then-Chef and now mother of three, Marnie Feeleus, this green business helps people eat well while reducing their "foodprint". Bringing their unique collaborative distribution model to small-scale farms, commercial buyers, families and households strengthens our collective ability to buy local, and make food choices that are healthy for people and the environment.

Weekly "Fresh Boxes" featuring seasonal fruits and vegetables couple farm to fork experience with convenience. Online ordering, customization, to-your-door delivery, and friendly efficient customer service make shopping ethically simple and enjoyable for the home buyer. The FOOD newsletter that accompanies each order helps bring the grower-eater connection home along tips and healthy recipes that help recipients take advantage of the harvest they receive.

Experienced professionals who have built and foster trusted farm relationships provide busy Chefs and Purchasing Managers reliable service in the difficult to manage Produce category. They simplify access to almost everything that can be produced in our region helping them provide the foods that their customers want.

Fresh Option is an award-winning business that is actively involved in projects in the community such as Manitoba Food Matters "Farm2Cafeteria", Organic Food Council of Manitoba's "Growing Up Organic", and managed an exemplary Value Chain pilot project "Local Sustainable Produce Value Chain".

For more information visit www.freshoption.ca.

BY NATURE KIDS ARE CURIOUS

PHARMACISTS ARE HERE TO HELP.

Sometimes a bottle of pills may look like candy to a child or your teenager might be tempted to experiment with medication in your home. Not only is this dangerous but it could lead to tragic results. Keep your loved ones safe and dispose of unused and expired medication promptly and properly.

Pharmacists of Manitoba, Take Pride Winnipeg Inc. and industry have teamed up to provide the Medication Return Program. Bring your unused and expired medication to your local pharmacy for disposal. It's better for the environment and safer. Find out more at www.medicationsreturn.ca.

MEDICATIONS RETURN PROGRAM

Take Pride Winnipeg! Clean up, green up. 20 YEARS

Pharmacists

Fresh Option Organic Delivery

Ph: 204.772.1479
Fax: 204.774.9908
www.freshoption.ca

ORGANIC FOODS DELIVERED YEAR ROUND IN WINNIPEG

WE SUPPORT LOCAL GROWERS

We are the hub of Manitoba's localized and sustainable food distribution system. Simple access to the freshest in wholesome groceries, for conscientious residential and wholesale clients who want a food source they can trust.

What can be found in your home?

Regularly check for expired or unused medicines and return them to your pharmacist for environmentally responsible disposal.

Protect your family's health and the environment. Return unwanted medicines to any pharmacy.

MEDICATIONS RETURN PROGRAM

The **Medications Return Program** is a product stewardship initiative funded by the pharmaceutical and consumer health products industries.

MORE INFORMATION CAN BE OBTAINED AT
www.medicationsreturn.ca

PCPSA

GREENING YOUR SMOOTHIE

TAKE YOUR SMOOTHIE TO THE NEXT LEVEL

Take your smoothie to the next level by making a conscious effort to count the environmental footprint your creamy, icy cool beverage carries.

Genuine Health believes that everyone deserves a healthy, vibrant life. And part of being a healthy individual is taking care of the environment around you. Their mission: 'To make the name "Genuine Health" not only synonymous with physical and mental well-being but also with environmental awareness and action, as well as the social impact therein. To promote earth-friendly choices and efforts both at home and in the work-place.'

6 TIPS FOR MAKING YOUR SMOOTHIE ENVIRONMENTALLY FRIENDLY

1. Go Local – Visit your farmers market often. Since any fruit or vegetable can make a tasty smoothie get to know what grows in your area and when. Fall is here so stock up on apples, pears and the last of the peaches and berries.

• Don't forget to freeze berries in season so you can enjoy in smoothies during the winter months. You'll save lots of money and your exposure to toxic additives. HOW TO PREPARE FRUIT FOR FREEZING: Wash fruit, cut into bite size portions, spread in a single layer on a cookie sheet, freeze for one hour then transfer to a freezer safe re-useable container.

DID YOU KNOW: Some frozen fruits and vegetables are laced with preservatives, sweeteners and additives.

• Need sweetener – look for local honey. Research shows local honey may help with seasonal allergies, like hay fever. It also shows promise for digestive health, healing wounds and is high in antioxidants. Urban bee keeping is on the rise. Visit your local farmers market to get aquainted with a bee keeper in your neighborhood.

2. Go Organic – These fruits are referred to as part of "the dirty dozen" — they're the fruits most likely to have residue from pesticides, and they're ranked in order from most to least toxic. So go organic with these for sure: apples, peaches, nectarines, strawberries, cherries, grapes, pears

3. Go Waste-free – close to half of all food produced is wasted, according to the UN Food and Agriculture Organization. Smoothies are a great way to use up extra ripe fruits and veggies. Look for "reduced" table at the market to save money and waste. Freeze what you don't use.

4. Go Vegetarian – for one meal a day. Incorporate a vegan protein powder, like vegan proteins+ into your breakfast smoothie.

DID YOU KNOW: Meat production is a major contributor to climate change. The United Nations Food and Agriculture Organization has estimated that livestock production is responsible for 18% of greenhouse gases.

5. Go Homemade – It's more economical, extremely nutritious and quick. By creating your own fruit smoothie you control the overall nutrition including calories, sugar and vitamins while creating a personalized flavor.

6. Go Reuseable – The average American office worker uses about 500 throw away cups a year. Sure, many are for caffeinated beverages but by making your smoothie at home, you save the landfill another cup.

BLACK TIE CARROT CAKE SMOOTHIE

1 cup carrot juice
2 scoops vegan proteins+ natural vanilla
1 cup unsweetened almond milk
1/2 tsp cinnamon
1/4 tsp nutmeg
1/2 cup crushed ice (optional)

Directions:
Add juice and milk to shaker cup.

Add dry ingredients and ice.

Place lid securely on shaker cup and shake until well blended.

25 grams of protein per serving.

GENUINE HEALTH | it shows
vitahealth FRESH MARKET
green lifestyle & NATURAL LIVING SHOW

Meet Sam Graci!

Green Lifestyle & Organic Living Show
Winnipeg Convention Centre - Main Stage Presentation

Saturday, October 22nd 1:30pm
Sunday, October 23rd 12:30pm

Please be sure to join us afterwards at the Vita Health Booth for a book signing!

The Path to Phenomenal Health

Boost your energy and sense of well-being +
Strengthen your bones + Balance your pH

Our bodies are extremely adaptable and able to excel despite increased pollutants, lowered food quality, and our 24-7-365 lifestyles. How do we improve our adaptability? Sam will show us how!

genuinehealth.com

HEALTHY HORMONE BALANCE

ESSENTIAL FOR A WOMAN'S QUALITY OF LIFE

By Marita Schauch, BSc, ND

Healthy hormonal balance is essential for a woman's quality of life during her reproductive and menopausal years. Disruptions in hormone balance can lead to menstrual disorders such as irregular periods and heavy bleeding, PMS, as well as menopausal symptoms later in life. It is estimated that 80% of all women experience symptoms of PMS during their reproductive years.

Resist Estrogen Dominance

One of the most prominent causes of PMS related symptoms, hormonal acne, endometriosis, uterine fibroids, fibrocystic breast disease and breast, uterine or ovarian cancer, is excessive estrogen exposure from both endogenous (estrogens that are made inside the body) and exogenous (estrogens from outside the body) sources.

Two major sources of exogenous estrogens are the birth control pill and hormone replacement therapy. These hormones are considered "foreign" which the body does not recognize to be identical to its own hormones. These foreign hormones can create damaging by-products and metabolites which can put a lot of stress on the liver. Other major sources of exogenous estrogens are environmental toxins found in pesticides, herbicides, plastics, refrigerants, and industrial solvents which have the ability to mimic the harmful estrogens in the body. Additionally, hormones used to fatten livestock and promote milk production are found in meat and milk products, thereby increasing our exposure to environmental estrogens even more. Another good reason to buy organic!

Estrosense® with Milk Thistle seed extract is a unique natural formula, recommended by health professionals, that helps maintain healthy hormone balance. It supports liver detoxification of "bad" estrogens and harmful xenoestrogens preventing estrogen dominance conditions and reducing the risk of women's cancers.

Sensible Solutions
Safely Rejuvenate your Skin, Hair, Nails and Bones.
BioSil
Because Hot Flashes and Night Sweats are never welcome.
MenoSense
What's so natural about PMS, Crankiness and Acne?
EstroSense
PROUD SPONSOR OF
CANADIAN WOMEN'S FOUNDATION
Available at your local Health Food Store or go to PNO.CA to find a store near you.
Preferred Nutrition
find us on

Weight Loss Simplified!
Look and feel your best! Whatever your weight loss goal, the PROVEN RESULTS Weight Loss Plan by Renew Life will get you there, once and for all.
Burn Fat • Balance Blood Sugar • Increase Lean Muscle Mass • Enhance Elimination
PROVEN RESULTS WEIGHT LOSS PLAN
Day 1 to 14
Take DietSTART daily as directed. This 14 day kit will help your body to burn fat and release excess water and waste. You can lose 2-10 lbs in 2 weeks!
Day 15 to GOAL!
After completing DietSTART, switch to SIMPLY TRIM until you reach your desired weight. Just two capsules of SIMPLY TRIM a day will turn your body into a natural fat burning machine, helping you lose weight and reshape your body.
Accelerated Weight Loss
To take your weight loss results to the next level, replace one meal per day with a FitSMART Shake. Each shake provides 20 grams of protein, 10 grams of fibre and loads of nutrition. FitSMART Shakes are a simple and satisfying way to lower calories and enhance weight loss results.
DietSTART
SIMPLY TRIM
FitSmart
vitahealth
AVAILABLE AT A VITA HEALTH STORE NEAR YOU!
Join Us October 22nd & 23rd at the Green Show!
Receive $2.00 OFF
your purchase of ANY* Renew Life Product
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase (Individual FitSMART Excluded). Coupon expires November 30th, 2011.

green lifestyle & NATURAL LIVING SHOW

WINNIPEG SET'S UP TO GO GREEN WITH CITY WIDE PARTICIPATION IN GREEN SHOW!

On October 22nd and 23rd at the Winnipeg Convention Centre, Winnipeg goes all shades of GREEN with the opening of the 2nd Annual Winnipeg Green & Natural Living Show.

It's an eco-extravaganza with over 100 local organizations committed to a natural and sustainable city, joining together for two days of learning, sharing and fun. From Downtown Winnipeg Biz with the launch of their brand new graffiti removal machine to the City of Winnipeg, showcasing its sustainability programs, Manitoba Eco Network's Reel Green Film Shorts and MB Hydro's many Power Smart programs to RBC's Blue Water Project and so much more. Visitors will explore dozens of eco -friendly and natural exhibits, test their ECO IQ, learn from local experts, sample organic gourmet, watch earth friendly fashion shows and find ways to make their homes, lives, families, and schools healthier, cleaner and greener.

The event is taking place during Manitoba Waste Reduction Week & Manitoba Organic Week and features special presentations by Manitoba Organic Alliance, and Green Action Centre. "This event is a very important one for Winnipeg says Stacy Wyatt, Show producer and creative director at national event marketing group. It's not just another show, it's an entertaining, family oriented weekend event designed to help Winnipeggers, find people products and companies that can help them make small steps toward BIG change for our planet." Wyatt encourages Winnipeggers to come out, enjoy the show, check out the vendors, take a yoga class, try some organic food and most of all, learn that green is affordable, easy and delicious!

GENERAL INFORMATION

TICKETS:

Available at Vita Health or at the Door for $10 plus tax
•Kids 12 and under are free
•Bring as tin for the bin for Winnipeg Harvest and get 2 for 1 admission.

HOURS:

Saturday 10:30 am – 7:00 and Sunday 11:00 am – 5:00 pm

PRESENTED BY: natural LIVING winnipeg.com

PRODUCED BY: nemg

SPONSORS:

Winnipeg Green Show would like to thank the following companies for their support of the 2011 Green Show

Manitoba Hydro Power Smart, vitahealth, Assiniboine, Liquor Marts, Vickar, ntake, lifestyle pass, Farmery Winnipeg, green ACTION centre, QX104, GFL, Town's Market, Manitoba Eco Network, Winnipeg Transit, MOA Manitoba Organic Alliance, HOT 103, FASTSIGNS, St. Norbert Farmers' Market, BeeMaid, Canada Green, RBC Blue Water Project

FEATURED SPEAKERS:

Among other speakers are the features below which may be of great interest:

- **SAM GRACI, GENUINE HEALTH**
- **THE LAKE FRIENDLY PANEL DISCUSSION ADDRESSING THE ISSUES WITH TODAYS LAKES**

RBC Blue Water Project

From left: Sam Graci, Peter Quenter, Dr. Bohemier

SEMINARS ON SATURDAY

11:30 am the Future of Winnipeg Park Design
John Kiernan, Manager Park Planning & Development at City of Winnipeg

12:30 pm Is Cholesterol Really the Cause of Heart Disease? You May Be Surprised!
Dr. Bohemier, Innotech Nutrition

1:30 pm The Path to Phenomenal Health-Boost Your Energy, Improve Well-Being, Get Strong, Lean and Pain Free vitahealth
Sam Graci, (creator of greens+, Genuine Health)

2:30 pm ECO Chic Fashion Show

3:30 pm Fluid Isometrics – The Next Generation of Body Work
Dheanna Hansen, Fluid Isometrics

4:30 pm Low Cost-No Cost
Stephanie Critchley, Manitoba Hydro Power Smart

5:15 pm ECO Chic Fashion Show

SEMINARS ON SUNDAY

11:30 am Why you should be supplementing your body with Whole Food Fermented Liquid tonics – sponsored by Salus Haus and Flora Health.
Peter V. Quenter, DHM

12:30 pm The Path to Phenomenal Health-Boost Your Energy, Improve Well-Being, Get Strong, Lean and Pain Free vitahealth
Sam Graci, Genuine Health

1:30 pm The Future of Our Lakes – Problems & Possibilities
2:45 pm E CO Chic Fashion Show

3:45 pm Fluid Isometrics – The Next Generation of Body Work
Dheanna Hansen, Fluid Isometrics

ENTER THE VICKAR 90 DAY LIVE GREEN CHALLENGE

the 90 day LIVE Green challenge

Enter the 90 Day Live Green Challenge and go clean, lean, & green! Drop by the Challenge Booth, enter to win thousands of dollars in fabulous green prizes and pick up a wristband which will get you savings and deals at dozens of local retailers & businesses city wide. Do the challenge, and everybody wins BIG.

For general show information: WWW.WINNIP

OCT 22 & 23, 2011
WINNIPEG CONVENTION CENTRE

MB ECO NETWORK REEL GREEN FILM THEATRE SCHEDULE

Manitoba eco-network

SATURDAY, OCTOBER 22

11:00 am Runaway (10 min)
12:15 pm - Homegrown Revolution (14 min)
1:15 pm RBC Blue Water Project Short Film (4 min)
2:15 pm Burning in the Sun (short version: 22 min)
5:00 pm - Nourish: Food + Community What's the story of your food? (10 min)

SUNDAY, OCTOBER 23

11:45 am Runaway (10 min)
1:30 pm RBC Blue Water Project Short Film (4 min)
1:45 pm Homegrown Revolution (14 min)
3:15 pm Burning in the Sun (short version: 22 min)
4:15 pm Nourish: Food + Community What's the story of your food? (10 min)

Ultimate YOGA WEEKEND SCHEDULE

lifestyle pass

10 classes only $10 all weekend!

The Ultimate Yoga and Fitness Weekend comes to WCC on October 22 & 23rd as part of the Winnipeg Green and Natural Living Show. This no holds barred weekend yoga & fitness marathon costs $10 to attend and features the hottest instructors from the city's most cutting edge studios. Moksha Hot yoga, Yoga Public, Bella Ghita, Zumba mamas, St. Marks' Yoga, Peg city Yoga, Yoga Booty Ballet and more will be on hand showing their stuff and leading the latest celebrity yoga classes.

SATURDAY

TIME	CLASS TYPE	PRESENTING STUDIO
10:30 am	Hatha Yoga	Yoga for Everybody
12:00 pm	Cross Fit	Prairie Cross Fit
1:30 pm	Moksha Flow	Moksha Kildonan
3:00 pm	Zumba	Zumbamamas
4:30 pm	Anusara	Yoga St. Mark's
6:00 pm		Yoga Public

SUNDAY

TIME	CLASS TYPE	PRESENTING STUDIO
11:00 am	Yoga Booty Ballet	Anunda
12:30 pm	Anusara	Yoga St. Marks
2:00 pm	Zumba	Bella Ghitta
3:30 pm	Moksha	Moksha Winnipeg
5:00 pm	Inversions for everyone	Peg City Yoga

The Forks Market COOKING STAGE

SATURDAY, OCTOBER 22

11:45 am Ben Kramer – Executive Chef at Diversity Foods
1:00 pm N ick Beaumont – Executive Chef at Fairmont
2:00 pm Marnie Feelus – Fresh Option Organic Delivery with Priscilla Reimer, Manitoba Organic Alliance
3:15 pm Dave Schultz – Saucers Café & Bob Krul, CTC Brewt.
4:15 pm Tomas Sohlberg – Chef/Owner at Boon Burger Café

SUNDAY, OCTOBER 23

12:00 noon Chris Fougere – Owner at Fude Inspired Cuisine and Wine Bar
1:00 pm Tim Taylor – Emcee and Executive Chef, Dubrovnick
2:00 pm Tomas Sohlberg – Chef/Owner at Boon Burger Café
4:00 pm Talia Syrie – Chef/Owner at The Tallest Poppy

KIDS ZONE SCHEDULE

Manitoba Hydro POWER SMART

SATURDAY, OCT 22

Eco Crafts
Green Games & Great Prizes
Pledge to be a Power Smart Kid
Eco-Tales Story Telling
Winnipeg Humane Society 'Adopt-a-Pet' Play Area

SUNDAY, OCT 23

Heritage Cajon (musical drums)
Eco Crafts
Green Games & Great Prizes
Pledge to be a Power Smart Kid
Eco-Tales Story Telling
Winnipeg Humane Society 'Adopt-a-Pet' Play Area

EGGREENSHOW.COM or call (204) 415-3976

A HEALTHIER WAY

TO A CLEANER ENVIRONMENT

- *"Hospital Wing closed Due to Odours in Carpet"*
- *"Harsh Cleaning chemical in Carpet Causes School to Close"*
- *"Workers Go Home Sick Because of Odours from Carpet cleaning"*

As illustrated by these headlines, cleaning products can cause unhealthy indoor air quality issues that lead to serious health problems. These odours can put people and pets at risk, exposing everyone to an unhealthy, unsafe indoor environment.

WHY IS IT IMPORTANT TO CHOOSE THE RIGHT CARPET CLEANING CHEMICALS?

Notice these common things found in carpet cleaning chemicals.

Enzymes: There is concern about the danger of employing chemical agents in detergents which may be absorbed by the skin and eventually into the blood stream where these catalysts could continue to randomly degrade protein matter and even interfere with DNA reproductive processes.

Phosphates: Humans have changed the natural phosphate supply radically by addition of phosphate-rich manures to the soil and by the use of phosphate-containing detergents. Phosphates were also added to a number of foodstuffs, such as cheese, sausages and hams. Too much phosphate can cause health problems, such as kidney damage and osteoporosis.

VOCs: Volatile organic compounds are emitted as gases from certain solids or liquids. VOCs include a variety of chemicals, some of which may have short- and long-term adverse health effects. Concentrations of many VOCs are consistently higher indoors (up to ten times higher) than outdoors. VOCs are emitted by a wide array of products numbering in the thousands. Examples include: paints and lacquers, paint strippers, cleaning supplies, pesticides, building materials and furnishings.

Cleaning products can cause unhealthy indoor air quality issues that lead to serious health problems. These odours can put your family at risk, exposing everyone to an unhealthy, unsafe indoor environment.

The health of you and your children are at risk. When hands are placed on carpet and then into the mouth, toxic chemical residues can be transferred into the body. These toxic residues can also be absorbed into the body by bare feet. This process can lead to serious health issues.

Ultra-Clean Carpet Cleaning Inc – A Healthier Cleaning Choice:
Locally, owned and operated with 22 years of cleaning experience. We offer all natural, hypoallergenic, odour free, environmentally friendly cleaning products. The vision of Ultra-Clean Carpet Cleaning Inc. is to provide the absolute best carpet, upholstery and duct cleaning service by using technologically advanced equipment and the safest cleaning products available. We want to give our clients, a fresh, clean healthy home environment.

Our goal is to provide clients with the absolute best carpet cleaning experience possible. It is for this reason we decided to form a company that provides our customers with the finest, healthiest and

safest carpet cleaning possible, without sacrificing quality. Ultra-Clean is Winnipeg's only "Totally Green" cleaning company using all natural cleaning products. These products are hypoallergenic, with no VOC's, Phosphates, Bleach, Enzymes, or Odour. They are also colourless, biodegradable and non-toxic. Our products also carry the "Indoor Air Quality Seal" of approval and are approved by "The Carpet & Rug Institute". Extensive research led to the choice of "Green Seal Certified" cleaning products. At Ultra-Clean we don't just say green we prove it and have the seals of approval to back it. Visit our web page at **www.ultra-clean.ca**

We are proud to be Winnipeg's only carpet cleaning company approved to be in the up and coming "Green Lifestyle & Organic Living Show", see us October 22 & 23 at the Winnipeg Convention Center.

Equipment:
With the right cleaning products in place, the search began for equipment. Again, much research led to the development of "state of the art" custom built equipment designed specifically for Ultra-Clean. Ultra-Cleans' super truck mount boasts the absolute fastest dry times.

Duct Cleaning:
According to the EPA, indoor air can be up 70 times more polluted than outdoor air. The benefits of a freshly cleaned air duct system include:

1. Cleaner, fresher and healthier air inside you home 2. Home furnishings will stay clean longer 3. Mechanical units will perform more efficiently which means energy and money savings for you.

Ultra-Clean duct cleaning professionals use their proven techniques to remove the contaminants from the air duct system. This advanced cleaning system uses a series of mechanically driven brushes, complete with video camera to give the most thorough cleaning possible. You are left with the assurance of fresh, clean and virtually contaminant-free air in your home.

We can assist you in making your home a safer, cleaner and healthier place to live.

THINK GREEN
ULTRA CLEAN
CARPET CLEANING INC
(204)667-8735

20% OFF
CARPET & UPHOLSTERY CLEANING EXPIRES NOV. 26/2011

$50.00 OFF
VIDEO DUCT CLEANING EXPIRES NOV. 26/2011

MB ASSOCIATION OF OPTOMETRISTS & CNIB:
TEAMING UP TO PREVENT EYE DISEASE

TOP PRIORITY AWARENESS AND PREVENTION

Eye disease awareness and prevention are at the top of the mandate list for both the Manitoba Association of Optometrists (MAO) and the Canadian National Institute for the Blind (CNIB). So it only seemed natural that the two organizations should team up to help promote eye disease awareness and prevention. Their mutual efforts first combined last May to promote CNIB's Vision Health Month. Vision Health Month was created by the CNIB in 2010 and was a huge success in 2011 in Manitoba. Glaucoma awareness kiosks at both Polo Park and St. Vital malls were manned by Manitoba optometrists to help educate the public regarding glaucoma and to promote regular eye exams as the best way to prevent eye disease. "The awareness booths were a great way to get the word out to the general public regarding preventable eye disease. We recommend annual eye exams for all children under the age of 18 and for those over 65 years of age. For those 19-64, we advise regular eye exams at least every 2 years" said local optometrist Dr. Kelsey Bruce of Family Optical on Pembina Hwy. "We were especially trying to promote the fact that Manitoba Health will cover the cost of children's eye exams annually until the age of 18. It always surprises me just how many parents aren't aware of this."

CNIB volunteers were also involved with Shades of Fun Day that helps to promote UV protection as a preventable risk factor for eye disease by selling 100% UV blocking sunglasses to help with fundraising efforts. Efforts to combine advertising campaigns were also undertaken by the CNIB and MAO with bus ads that are running throughout the city this year stating very simply "Get Your Eyes Examined". Lunch and learn programs were also offered at Great West Life and Investors Group highlighting the effects of computer vision syndrome (CVS) and ways to prevent this common problem..

This month, the MAO is happy to combine efforts once again with the CNIB to help promote its national Eye Health Month in October. Eye disease awareness lectures that are open to the public will occur at Lion's Place on Saturday, October 22nd. Local ophthalmologists and optometrists will be reviewing

information on Diabetic Retinopathy, Cataracts & Glaucoma, as well as Macular Degeneration. "Eye disease awareness and prevention is top priority for both of our organizations" says Chris Glowach, CNIB Manager of Major Gifts. "So it only seemed fitting that we should partner with optometry to get our message out to the general public. Optometrists are in the trenches of primary eye care everyday and the more that we can promote routine exams, the more we're hoping to catch preventable eye disease at earliest stages."

The MAO is also happy to announce that it has partnered with Siloam Mission's Saul Sair Health Centre to create an optometry clinic at the Mission for it's patrons. This state of the art eye exam room is one of the first of its kind in Canada for a homeless shelter. Donations from Innova Med and from local company Cardinal Capital made this exam room a reality. "Our dental clinic has been here for a few years now and we knew that we wanted to have an optometric clinic on-site" said Saul Sair Health Centre manager, Vicki Olatundun. "We also knew that we had local optometrists who were more than willing to donate their time and expertise to help our patrons not only see better, but potentially open up a whole new world for them once they were able to get themselves set up with a new pair of glasses." Dr. Luke Small went on to explain that "uncorrected refractive error, meaning people who need prescription eye wear, but have no means of obtaining glasses due to financial restraints are at a huge disadvantage in the workforce. Not being able to see print clearly up close or on a computer or even well enough to operate machinery can be a real limiting factor at obtaining a job." The MAO is hoping to help Siloam's patrons by volunteering their time at the new clinic to help those in need see better and hopefully start them on a path to a better life.

FREE

Vision Health Information Sessions

Seventy-five percent of vision loss is preventable or treatable!

Learn more about your eye health - Join us for **three, free** information sessions hosted by CNIB on **Saturday, October 22, 2011**:

9:00 a.m. Age-Related Macular Degeneration (AMD)
Presenter: Dr. Richard Leicht, Ophthalmologist

10:30 a.m. Diabetic Retinopathy
Presenter: Dr. Lorne Bellan, Ophthalmologist

1:30 p.m. Glaucoma – Cataracts
Presenter: Dr. Gdih Gdih, Ophthalmologist

Location: Lion's Place – 2nd Floor Auditorium
610 Portage Avenue

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Fall for this orange tipple

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

You have to love Europeans. Not only is wine part of their every day life, they have a ritual of pre-dinner drinks that makes booze a natural companion to their dining culture.

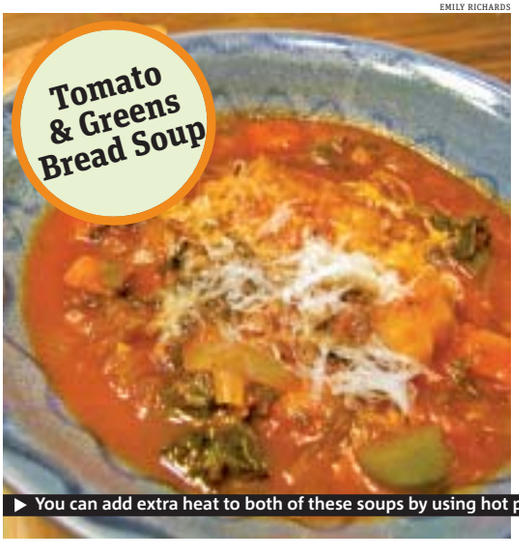
They do it up best in Italy. Order a glass of the appealingly bitter Campari ($20.99 - $27.49) and soda at any resto and you'll get a nod from your waiter that suggests he knows you know how to drink Italian.

One of my favourite Italian cities to imbibe in is Verona in the province of Veneto. It's surrounded by the wine regions of Valpolicella, Bardolino and Soave, and the popular sparkling wine Prosecco is made nearby.

The Veronese are crazy for The Spritz: A mix of two ounces of Campari's little (and less bitter) brother Aperol ($21.99 - $25.98) with an equal part Prosecco and a dash of sparkling water.

Served over ice in a large wine glass and garnished with a slice of orange, it's an appetite enhancing refresher. Thanks to its bright orange colour, it's also an appropriate tipple for the fall season. **PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

EMILY RICHARDS



NEWS CANADA

▶ You can add extra heat to both of these soups by using hot pepper flakes or banana peppers.

Savoury fall soups

These starters are nice and hearty thanks to certain vegetables & bacon

Shopping List:

Tomato & Greens Bread Soup

- 2 tbsp (25 mL) olive oil
- 1 pkg (175 g) lean Canadian back bacon, chopped
- 1 each leek, green pepper, and sweet banana pepper (seeded), chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) dried oregano leaves
- ¼ tsp (1 mL) hot pepper flakes
- 6 cups (1.5 L) chicken stock
- 1 can (19 oz/796 mL) crushed or diced tomatoes
- 8 cups (2 L) chopped greens, lightly packed
- 2 cups (500 mL) chopped day old bread
- ¼ cup (50 mL) grated fresh Parmesan cheese

Butternut Squash Soup

- 6 strips bacon, chopped
- 1 medium onion
- 4 cups (1L) chicken broth
- 4 cups (1L) peeled butternut squash cubes
- 3 large California Bartlett pears peeled, cored, cubed
- 3/4 cup (175 mL) chopped celery
- 1 tsp (5 mL) herbs de Provence
- 1 cup (250 mL) half-and-half cream
- Salt and ground pepper
- Chopped fresh thyme

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Tomato and Greens Bread Soup

Preparation:

1. In pot, heat oil over medium high heat and cook bacon for 2 mins. Add leek, peppers, garlic, oregano and hot pepper flakes and cook, stirring for 5 mins. or until softened. Add stock and tomatoes and bring to a boil. Stir in greens and simmer, stirring occasionally, for 15 mins. or until greens are tender. Stir in bread and cheese and cook for 5 minutes or until bread is soft. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF.**

FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

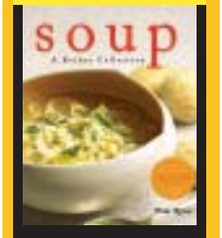
Butternut Squash Soup with Pears & Bacon

Preparation:

1. Sauté bacon in stockpot until crisp; remove, drain and crumble. Remove all but 1 tbsp (15 mL) bacon grease from pot; add chopped onion and sauté over medium heat until browned.
2. Add broth, squash, pears and celery to pot. Bring to a boil; reduce heat and simmer, covered, for 30 minutes.
3. Let cool slightly, then in a blender, purée mixture until smooth. Return to pot and add herbs and bacon. Simmer 10 mins. Stir in half-and-half and season to taste with salt and pepper. Ladle into bowls and sprinkle with fresh chopped thyme. **NEWS CANADA**

3 life

Kosher Soup Book



With soup season upon us, Pam Reiss releases her book Soup: A Kosher Collection (Whitecap Books).

Reiss offers 150 kosher recipes, many of which are vegetarian or contain fish, chicken, duck or beef. **THE CANADIAN PRESS**

Celeb tie-ins abound as liquor producers evoke the spirit of music.

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4 sports

Quoted

"It was me, it's all on me. I'm guilty. Absolutely."

JETS COACH REX RYAN, WHO HAS APOLOGIZED TO CHARGERS COACH NORV TURNER. RYAN SAID ON WEDNESDAY THAT "I WOULD HAVE HAD A COUPLE OF RINGS," IF SAN DIEGO HAD HIRED HIM AS COACH IN 2007. THE COMMENTS WERE TAKEN AS A SLIGHT AT TURNER, WHO HAS COACHED THE CHARGERS SINCE 2007 WITHOUT WINNING A TITLE.

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

▶ Craig Anderson and Jared Cowen of the Senators follow the play as Andrew Ladd battles for position on Thursday.

Senators ground Jets

Michalek scores twice, Anderson makes 35 saves for Ottawa

Milan Michalek had two goals and an assist and Craig Anderson made 35 saves as the Ottawa Senators earned a 4-1 victory over the Winnipeg Jets on Thursday night.

Jason Spezza, with two assists, and Daniel Alfredsson also scored for the Senators (2-5-0), while Colin Greening added two assists.

Dustin Byfuglien scored the lone goal for the Jets (1-4-1), who were playing their third game in four nights. Ondrej Pavelec stopped 26 shots.

SENATORS	JETS
4	1

It was the Senators' first win this season at Scotiabank Place.

Ottawa got off to a strong start with a four-minute power play after Alexander Burmistrov was given a double minor for high-sticking.

The Sens had a couple of good chances, but Pavelec was solid.

The Jets, playing in Ottawa for the first time since November 1995, took a 1-0 lead late in the first period as Byfuglien drilled a shot from the blue-line that cleared traffic and got past Anderson.

The Senators have now been outscored 14-2 in the first period.

Ottawa tied the game early in the second with a power-play goal as Michalek battled for a rebound in the crease. The Senators then took the lead for good when Spezza took a pass from behind the net and beat Pavelec high glove-side.

This marked just the second time this season that the Senators held a lead in a game and the first time they would not relinquish it. THE CANADIAN PRESS

From No. 1 Cards pitcher to their No. 1 cheerleader

Throughout the post-season, the St. Louis Cardinals made it a point to keep Adam Wainwright involved. For now, ceremonial appearances will have to suffice for their on-the-mend 20-game winner.

The six-foot-six right-hander will always be a part of Cardinals lore as the stand-in closer who got the final out of the 2006 NL championship series and World Series. Before Game 1 on Wednesday, he shared first-pitch duties with two Hall of Famers — Bob Gibson and Bruce Sutter — who were also on the mound at end of title seasons.

"Kind of like one of my highlights of the year," Wainwright said.

In the NLCS, Wainwright caught the first pitch from a pair of '06 Series stars, Jeff Suppan and Jim Edmonds. Then he retired to the bench and his unofficial role as No. 1 cheerleader for the surprise NL champs.

"I lose my voice every day," Wainwright said. "It's been so much fun, the last three or four trips I travelled with them in September and every playoff game I've been at home or road. They're not going to get rid of me that easy."

THE ASSOCIATED PRESS

"I'm going to be here for them whether they want me or not."

ADAM WAINWRIGHT

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Bombers seek to stop greatness

Winnipeg 'D' focused in on Als' Calvillo **'A lot of teams try to play off and he will just pick you apart': LaPolice**

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Bomber Bryant Turner, left, moves in for a tackle on the Alouettes' Anthony Calvillo earlier this season.

Paul LaPolice grinned when he recalled the phone message he left for Anthony Calvillo earlier this month.

The Winnipeg Blue Bombers head coach had dialled up the Montreal Alouettes quarterback to congratulate him on becoming pro football's all-time passing leader.

He also added a little request.

"I said, 'Now you can just have a couple 150-yard games the next couple weeks,'" LaPolice said after Thursday's practice.

Of course, he would like Calvillo to be off his game on Saturday when the Bombers (9-6) host the Alouettes (10-5). A win by Montreal clinches first place in the East Division. A Bomber win gives them the season series and the advantage if the clubs end in a tie.

Winnipeg took the first game in Montreal on Sept. 18 with a 25-23 squeaker. Calvillo completed 22-of-39 pass attempts for 258 yards, two touchdowns and no interceptions and said his performance wasn't up to par.

When the Als travelled to Winnipeg on Sept. 30, they stymied the Bombers come-back attempt for a 32-26 victory. Calvillo had suffered a concussion the week before, but still went 26-for-44 for 335 yards with three TDs and no picks.

"There were two passes last time we played them that he threw and you were just like, nothing you could do," LaPolice said. "It was perfect coverage, he just put it in the spot.

"Stopping him is trying to pressure him quickly, take the No. 1 read away and make him hold the ball."

Calvillo leads all passers in 2011 with 4,609 yards, 31 TDs and only five interceptions.

However, Winnipeg's defence has held opponents to a league-low 3,497 passing yards, an average of 233.1 yards per game.

Halfback Jonathan Hefney recalled a little five-yard out route where he thought he'd snag an interception on Calvillo, but he couldn't get to the ball.

"But other than that, I feel like we play great coverage on him," Hefney said.

"If we get pressure on him, I feel like anybody is the same quarterback. Just because he threw for a lot of yards doesn't mean he can't get pressure on him and throw the ball away or throw a bad ball.

"That's what we're planning on doing."

THE CANADIAN PRESS

ALOUETTES BOMBERS

▶ **Time:** 2 p.m., Saturday
TV: TSN

Lots of upside in Stampeders QB decision

CFL EXTRA POINTS

DAN TOTH
WINNIPEG@METRONEWS.CA

John Hufnagel's decision to bench quarterback Henry Burris this week shocked the reigning CFL Most Outstanding Player, but it's the right move at the right time and almost every other coach wishes he had the luxury of such a tough choice.

Stamps backup Drew Tate has given every indication, despite limited action, that he's the real deal and ready to step into the starting role. If Hufnagel's hunch is right, Tate will be one of the top stories down the stretch and into the playoffs.

Fail, and Hufnagel's got one of the best QBs of this era fuming on the sidelines and waiting for a chance to redeem himself. What could be better?

The ideal scenario for Calgary is if Tate lights it up when he gets his chance, making the 36-year-old Burris and his salary in the $350,000 range expendable in the off-season. Burris would attract a handsome return in a trade (could any team need a QB more than Toronto?) allowing the Stamps to pad their Canadian talent with some Double Blue draft picks.

The Argos, after wasting a year and a half with the Cleo Lemon experiment, are now saddled with career backup Steven Jyles, who has shown only brief glimpses of potential in his half-dozen games running the offence.

Most outstanding finish: Has a quarterback ever won the Most Outstanding Player award after an 0-5 start to the season?

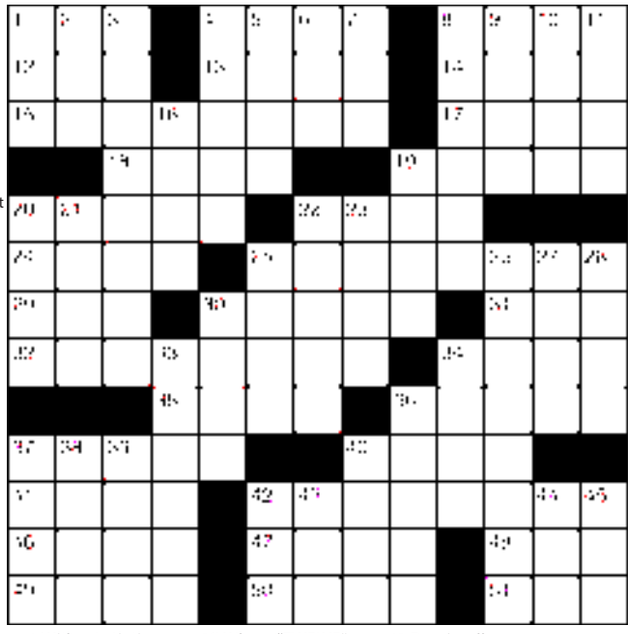
It could happen after B.C. Lions pivot Travis Lulay struggled early this year only to turn the season around with an eight-game winning streak and a guaranteed playoff berth. While Lulay flundered, head coach Wally Buono appeared destined for the firing line. Fast forward two months and the Lions are fighting for first in the West and Wally is an obvious candidate for coach of the year honours.

Saskatchewan riding Durant to the bitter end: Question a coach's decision about the starting quarterback and you usually get the patented answer, "He gives us the best chance to win."

That holds true for Saskatchewan Roughriders head coach Ken Miller, who is starting quarterback Darian Durant Friday night in Calgary. The game means nothing to the Riders, who can't earn a playoff spot this season.

But why Durant? There are question marks about Durant's abilities after a disappointing season, but the man's got a broken bone in his foot. The Riders should be playing backups Ryan Dinwiddie and Cole Bergquist to choose a successor. Surely by now they know what Durant can do.

Crossword



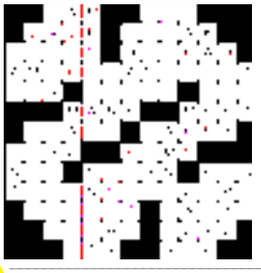
Across

1 "Monty Python" opener
4 Met melody
8 Raggedy Ann, e.g.
12 Calendar abbr.
13 Gangster's companion
14 Pennsylvania port
15 Pennsylvania Dutch pork concoction
17 Appellation
18 With skill
19 Monarch
20 Comfortably inviting
22 Pebbles' papa
24 French cleric
25 Sit-ins and such
29 Part of AT&T
30 Water nymph
31 Greek X
32 Glittery cosmetic
34 Actor Pitt
35 Census stats
36 Cheer up
37 Inundated
40 Amorphous mass
41 Mail
42 Earn an F in penmanship
46 Satan's specialty
47 Owl's call
48 Shelter
49 Challenge
50 Oxen's burden
51 Corn spike

Down

1 Picks out of a lineup
2 Sleuth
3 Mix up
4 Without stinting
5 Thickly fibrous
6 Under the weather
7 Hearty brew
8 Strip
9 Exam format
10 Rickey flavouring
11 Ogler's look
16 Busy as —
19 Emeritus (Abbr.)
20 Loathe
21 Do as you're told
22 McDonald's offering
23 Bellow
25 Sheet of glass
26 Where "TWELVE" is worth 12
27 Just one of those things
28 22-Down, e.g.
30 Approaching
33 In conclusion
34 Sci-fi villain
36 Upper-class group
37 Mimicked
38 Made on a loom
39 "Yeah, right!"
40 Understand, slangily
42 Bashful
43 Dove's call
44 Meadow
45 Always, in verse

▶ Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

1	9			6		3		7
		8						5
3					5		1	
		4	9		8			
8				3				4
			6		2	7		
	5		2					1
7						4		
6		2		9			8	3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	8	5	3	2	4	7	6	9
2	7	6	5	9	8	1	4	3
9	3	4	7	1	6	2	8	5
5	6	9	1	8	3	4	7	2
3	4	8	9	7	2	6	5	1
7	2	1	4	6	5	9	3	8
4	1	7	8	3	9	5	2	6
8	5	2	6	4	1	3	9	7
6	9	3	2	5	7	8	1	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Corrina,
Thinking of u on this rainy day!!! xoxoxox
JB

Lil' Miss Martinez Birthday Girl, Another year gone, and another year smarter. As if your sexy brain needed to get any smarter. Feliz Cumpleanos a ti!
JC ADEID

Beautiful Smile Gal
It has been a while, have not seen you and have not heard from you. How are you? Call me pl, don't hesitate.
BGUY LOOKING FOR YOU

Jennifer,
We are almost 6 years together and I want to tell you that with each passing year/ month/ day/ minute I love you more and more . You are everything I could ever wish for in a partner and friend. All my love.xxx
DAVO

A look at the weather

TODAY	SATURDAY	SUNDAY
Min 0°	Min 1°	Min -2°
Max 12°	Max 9°	Max 10°

Jenna Khan, Weather Specialist
BT BREAKFAST TELEVISION
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

♈ Aries March 21-April 20 There seems to be a lot of stress in your life at the moment and you need to find ways to handle it. Exhale.

♉ Taurus April 21-May 21 Take responsibility for your own thoughts and actions. Make sure everyone knows who you are.

♊ Gemini May 22-June 21 If you're convinced co-workers would not betray you, then give them the power to make decisions.

♋ Cancer June 22-July 22 Push your luck a bit. You are exceedingly sharp mentally at the moment, so you'll see trouble before it arrives.

♌ Leo July 23-Aug.23 A good deed done with no thought of reward will have no end of positive effects over the next few weeks.

♍ Virgo Aug. 24- Sept. 22 Someone you meet on your travels will open your mind to possibilities you never dreamed of before.

♎ Libra Sept. 23-Oct. 23 The most important thing now is that you resist the temptation to follow the herd. Go your own way!

♏ Scorpio Oct. 24-Nov. 22 Stand back from yourself. Try to see why you think and act in certain ways. It makes it easier to change.

♐ Sagittarius Nov. 23-Dec. 21 Use your powers of persuasion if you want to get something done.

♑ Capricorn Dec. 22-Jan. 20 You'll be in the mood to take a few risks today and there's a good chance that some will pay off.

♒ Aquarius Jan. 21-Feb. 18 If you sit around waiting for other people to make the first move today, you won't get much done.

♓ Pisces Feb. 19-March 20. For a change everyone seems to approve of what you are doing, which is nice. But don't let their praise go to your head. **SALLY BROMPTON**

Caption contest

STEFFEN SCHMIDT/ THE ASSOCIATED PRESS

CHRIS YOUNG/ THE CANADIAN PRESS

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LOOK AGAIN SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Toronto, Ontario – The 2012 Chevrolet Orlando has had plenty of practice time. It's the compact 7-seater loved by families the world over. And with room for seven, excellent fuel-efficiency and flexible cargo space, you'll leave every game with a victory.

1. Added stripe to child's sock 2. Removed pole on far left of image 3. Switched numbers around on license plate on 2012 Chevrolet Orlando 4. Moved bush on right side toward the 2012 Chevrolet Orlando 5. Jersey on child getting into the 2012 Chevrolet Orlando changed to '9' 6. Expanded window on building to the left of 2012 Chevrolet Orlando 7. Gentleman leaning against the 2012 Chevrolet Orlando has a watch 8. Removed black patch on soccer ball 9. Bush closest to the fence on left building made taller 10. Child lock latch removed on 2012 Chevrolet Orlando rear door

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